Treasury of Wisdom

Paramhansa Yogananda

Articles



Glimpses from the life of a wise man

By Shri Daya Mata, former president of the Self-Knowledge Society

Which recorded the teachings of the teacher Paramhansa Yogananda and preserved them for generations

When I first saw Paramhansa Yogananda, he was giving a speech to a large, amazed audience in Salt Lake City in 1931

Standing in the back corner of the crowded hall, I was oblivious to everything around me except the speaker and his words

My entire being was immersed in the divine wisdom and love that flowed into my soul, filling my heart and mind All I could think was, "This person loves God just as I have always longed to love Him He knows God, and that is what I will follow" And that is what I have done from that moment on

As I felt the glorious spiritual power of his words in my life during those early years with my venerable teacher Paramhansa, a strong sense of urgency arose within me to record and preserve his wise sayings for the whole world and for all generations

Fortunately, during my many years of association with Master Paramahansa, I recorded his lectures and personal advice—a great and

abundant treasure of astonishing wisdom and unique divine love

The angelic teacher's inspiration flowed abundantly, reflected in his continuous speech; he often spoke for several minutes at a time without pause, or sometimes for a full hour

As his listeners sat in amazement and fascination, my pen moved with incredible speed! As I transcribed his words using shorthand, I felt as though a unique blessing had descended, instantly translating the teacher's voice into shorthand symbols on the pages

Transcribing it into ordinary writing was—and remains—a sacred duty and a blessed act to this day Even after all this time—some of my observations date back more than forty years—when I begin to transcribe it, I find it miraculously fresh in my mind, as if it were written yesterday, to the point that I can hear—in every single phrase—the distinctive tone of the angelic Master's voice, in the deepest recesses of my soul

The teacher rarely prepared his lectures in the slightest If he did prepare at all, it might have consisted of jotting down a few facts quickly and briefly On the way to the temple, he would ask one of us—in the car—saying

" What is the topic of my lecture today?" He would focus his mind on the topic and then deliver the lecture extemporaneously, drawing from an inner wellspring of divine inspiration

The topics of the teacher's lectures were announced in advance in the temples, but his mind

was sometimes working in a completely different field when he began to speak

Regardless of the topic of the day, the teacher spoke the truths that occupied his consciousness at that moment, pouring forth invaluable knowledge in a continuous stream from his spiritual experience and intuitive, certain understanding Almost always, at the end of the sermon, a number of people would come forward to express their gratitude for the enlightenment he had given them on a matter that had troubled them, or perhaps for the explanation of a philosophical idea that was of particular interest to them

Sometimes, while lecturing, the teacher's consciousness would soar so high that he would momentarily forget the audience and commune directly with God His entire being was filled with joy and overflowing with divine love

In those states of higher consciousness, his consciousness was in perfect harmony with divine consciousness, so he perceived the truth within himself and described what he experienced and saw

Others might have been intimidated by Paramhansa Yogananda's radiant presence, but his warmth, unpretentiousness, and quiet humility immediately instilled peace and tranquility in everyone present Each person felt as though the master's words were addressed to them personally

Humor and a lighthearted spirit were endearing traits of the teacher's personality With a

carefully chosen phrase, a meaningful gesture, or a charming facial expression, he could elicit a friendly response and hearty laughter at the perfect moment to clarify a particular point or to relieve the listeners after a long and intense mental focus on a specific topic or a profound and subtle issue

A person cannot record in a book the unique properties The overall character of Paramhansa Yogananda is radiant, vibrant, and loving However, my humble hope in offering this brief translation is to provide a personal glimpse that will enhance the reader's enjoyment and appreciation of his teachings

Having witnessed my angelic teacher in perfect harmony and sacred accord with the Divine Presence, and having heard the abundant truths and heartfelt outpouring of his rich and fertile spirit; having recorded his great teachings for all generations; and now placing them in the hands of readers, I cannot help but exclaim: Oh, my great joy!

I ask God Almighty that the noble words of the teacher may open the doors of firm faith in God and divine love for Him in the hearts of those who desire it

Theory of Reincarnation It can be scientifically proven

If a person believes in a just God in the universe, the idea of reincarnation becomes easier to accept, as the two concepts are interdependent But what about skeptics and atheists? Can the reality of reincarnation be scientifically proven to their satisfaction? And can the theory of reincarnation be subjected to rigorous scientific analysis, not only to offer hope but also to provide proof of its truth?

Materialist scientists claim that they have not yet found any actual proof of the existence of God, and therefore they cannot provide any evidence of the existence of His just law that gives equal opportunities to all humans to evolve and progress by returning to incarnation

The suffering of innocent children, injustice, and the unfairness of life all seem to such scientists to be vague and inexplicable matters, pointing to the absence of a just creator

On the other hand, most believers in a just and equitable God base their conviction solely on belief, lacking any proof to offer non-believers They often hesitate to scrutinize their faith or subject it to logical questioning for fear of losing it or causing social unrest In other words, they are unaware of any scientific or spiritual law that could validate their belief

But why isn't spiritual law subjected to the same rigorous investigation as the experimental

methods used by scientists to uncover natural phenomena? This question was posed centuries ago by spiritual scholars in India, who volunteered to answer it Their experiments yielded scientific methods that anyone can use to unveil spiritual law, and thus, to understand reincarnation and all the ultimate cosmic truths

As long as the means of proof exist, no one has the right to say that the return to incarnation and other spiritual laws are incorrect unless he has tried the methods and seen the facts with his own eyes

The skeptical naturalist has the right to express his opinion, but it remains just an opinion and not a fact

In the natural sciences, specific procedures must be followed to prove any theory under investigation Germs are invisible to the naked eye, so a microscope is necessary to observe them If someone refuses to look through a microscope, it cannot be said that they have examined and verified the theory of germs' existence Consequently, their opinion carries no weight because they have not followed the recommended rules for proving the theory's validity

The same applies to spirituality Methods have been devised, rules established, and results presented to anyone willing to experiment In the Western world, however, the lack of a scientific method for scrutinizing spiritual laws has greatly diminished the value of religion as a vital force in human life Spiritual doctrines are embraced or

rejected according to individual belief rather than being considered the definitive outcome of in-depth study and systematic spiritual inquiry

How did the ancient Indian sages uncover these immutable cosmic laws? By conducting experiments on human life and thought in the laboratories of their hermitages To understand the nature of natural things, we must experiment with natural materials Similarly, to discover the truth about reincarnation, or the transmigration of the same soul through many bodies, it is necessary to conduct experiments on human consciousness

These ancient scholars found that the human self remains unchanged throughout a person's life, despite various experiences and fluctuations in thought during waking, dreaming, and non-dreaming sleep They discovered that sensory impressions, environment, thoughts, and physical states all change, but the sense of self, or ego, remains absolutely unchanged from birth to death

Indian experimental scientists have confirmed that by focusing carefully on the self through continuous, conscious, and independent monitoring of it, independent of the fluctuating states of wakefulness, dreams, and non-dreamy sleep, a person can realize the constant and eternal nature of the self

A person is often aware of one of these states They are consciously aware while awake, and sometimes they may also be aware of their dreaming state It is not uncommon to feel that one is dreaming while dreaming

Through certain methods and practices, a person can maintain a conscious awareness of each of the states mentioned above They may even be able to attain the fourth state—the blessed state of higher consciousness

During sleep, involuntary relaxation occurs as activity in the nerves and senses dissipates With practice, one can induce this relaxation while awake and through conscious effort In deep sleep or death, complete relaxation occurs as life energy withdraws from the heart and spinal cord Through deep meditation, this complete relaxation can be consciously induced while awake In other words, every involuntary bodily function can be consciously and deliberately controlled through specific exercises

Ancient Indian sages concluded that death is the withdrawal of life force from the human body's lamp, including its nerves, senses, and countless channels of vital energy Just as electricity does not die when it is withdrawn from a broken light bulb, so too does life force not perish when it is withdrawn from the involuntary nerves It is impossible for energy to be destroyed It withdraws from the body at death and returns to cosmic energy

During sleep, the sensory mind ceases to function as the electrical current in the nerves is temporarily withdrawn At death, human consciousness completely ceases to express itself through the body, which then resembles a paralyzed arm; its owner is aware of its presence

but unable to control or act upon it Medical records describe the case of a clergyman who entered a coma and heard those around him lamenting his apparent death, yet he was unable to express his feelings through his bodily functions His physical mechanisms had suddenly ceased and refused to respond to his mental commands After spending twenty-four hours in this state, and just as he was about to be taken away for burial, he exerted a tremendous effort and managed to move This incident illustrates the persistence of the sense of self even when the body appears lifeless

The wise say that one should consciously separate activity and consciousness from the body, consciously observe the sleep state, and practice the voluntary withdrawal of conscious activity from the heart and spinal centers In doing so, one learns to consciously accept what death will impose upon them unconsciously and without their will

Vital energy enters the body via the medulla oblongata and is stored in the brain's reservoir It then descends to five other centers of life and consciousness in the spinal column, where it is distributed to the sensory organs and the rest of the body

At death, vital energy is completely and definitively withdrawn to the spine and leaves the body via the medulla oblongata A skilled yogi can, through will and awareness, withdraw this vital energy from the body and senses to the spine and send it to the highest centers of sacred perception, where they experience the joy of being "dead"—

that is, freed from the sensory illusions resulting from attachment to limited physical consciousness

There is a documented case in the records of French and other European physicians concerning a man named Sadhu Haridas, at the court of the Indian Emperor Rajneet Singh This case demonstrates that Sadhu Haridas was able to separate his vital activity and consciousness from his body, and then reconnect them after several months His body was buried underground, and the area was under strict, round-the-clock surveillance for several months At the end of this period, his body was exhumed and examined by European physicians who declared him dead However, a few minutes after this pronouncement, he opened his eyes and regained control of all his bodily functions, living for many years afterward He had learned through practice how to control all the involuntary functions of his body and mind He was a spiritual scholar who had conducted spiritual experiments recommended by sages to understand the true nature of the cosmic law As a result, he was able to prove the continuity of human existence after death and the imperishability of the essence of the immortal soul

Those who wish to prove to themselves the scientific truth of reincarnation must first demonstrate the continuity of consciousness after death by consciously separating the body from the soul This can be done by following the rules established by Indian spiritual scholars centuries ago When a person learns to be awake during

sleep, to induce dreams at will, and to consciously separate the five senses—not passively as occurs during sleep—and when they learn to control heart function, then they will be able to experience conscious death or a state of bodily unconsciousness (not a state of unconsciousness)

Our sages say that the self is consciously aware of itself in all stages of childhood, youth, and old age The embodied soul is constantly aware of all the successive states a person experiences, including receiving another body after death and moving between the physical and ethereal worlds This truth is undisputed by those well-versed in spiritual science

By practicing the methods leading to the four states mentioned above, we can track the self in its states of existence We can consciously track it during death, its wandering in cosmic space, and its return to life in a new body

Those who are not taught these things are unable to retain consciousness during the greater sleep: death Thus, they cannot remember any previous state they experienced, not even periods of "deep sleep" during a single lifetime

By adopting the methods of the ancient Indian scholars who tested and proved those laws, and gifted the world with precious, verifiable knowledge, one can learn the scientific truth about reincarnation and all other eternal truths

The smile of the soul

A true smile is the smile of spiritual happiness, born of contemplation, reflection on God, and feeling His presence My smile springs from a profound joy within me—a joy accessible to all It is like the fragrance emanating from the heart of a blossoming rose This great joy invites others to immerse themselves in the sacred waters of bliss

There are four states that the average person is familiar with: happiness upon fulfilling a desire, unhappiness when denied it, boredom when neither happy nor depressed, and peace when overcoming these emotions or psychological states of pleasure, pain, and boredom

Peace is a highly desirable state resulting from the absence of both sorrow and pleasure, and the lack of boredom These states constantly ripple across the surface of the soul After riding the turbulent waves of pain and pleasure, including repeated plunges into the depths of weariness, there is joy in floating on the calm sea of peace But greater than peace is spiritual ecstasy—the bliss of the soul—the ultimate happiness It is a perpetual joy that never fades but remains with the soul for eternity This supreme joy can only be attained through the awareness of the divine presence

If you place a bowl of water under the moonlight and then stir it, you will create a distorted image of the moon When the water settles in the bowl, the reflection becomes clear The moments when the water in the bowl is still and reflects the moon's face with clarity can be

compared to a state of contemplative peace and a state of profound stillness In the peace of contemplation, all waves of sensations and thoughts cease to flow from the mind And in this deeper state of peace, the contemplative person, in that tranquility, sees the full moon of divine presence reflected in the lake of the soul

Peace is a passive state, being the absence of waves of pleasure, pain, and indifference Thus, the meditator is drawn, after a short time, to experience the waves of emotions again But the deeper the meditative peace becomes, the more it transforms into spiritual tranquility and, consequently, into positive bliss, so that the meditator experiences a joy that is constantly renewed and completely content

When you sleep, you passively quiet thoughts and feelings But when you consciously quiet thoughts and feelings through meditation, the first thing you experience is a state of peace, and your facial muscles naturally form a smile that reflects inner peace But you must look beyond this state of peace to perceive the purity of your soul—a purity untainted by sensory stimuli or automatic reactions to thoughts associated with the senses The state you then experience is one of perpetual, ever-renewing bliss

Prophets and saints possess this joy in their hearts constantly Feeling blessed security and tranquility, they are unshaken and undefeated by storms of anger, and worries and fears do not

touch them Using the scalpel of reason or insight, they can dissect their own thoughts or the thoughts of others on the operating table of the mind while maintaining their composure and serenity In this blissful state, all sadness vanishes, and spiritual discernment dawns within the being of the happy seeker, strengthening their connection to the Divine

Most smiles stem from good feelings arising from acts of kindness, or from feelings of friendliness, love, gentleness, or compassion But the most wonderful way to smile is when one's heart is filled with the love of God Then one will be able to love everyone and will be able to smile constantly All other forms of smiles are fleeting because emotions, however good, flicker, fade, and then die out The only thing that lasts is the joy of God When you possess that joy, you can smile all the time; otherwise, you will not be able to feel affection for someone who responds to your kindness with rudeness

I know a man who showed great grief when his wife died I scrutinized his superficial, feigned emotions and told him, "You'll remarry within a month" He became angry and refused to see me again, but he remarried within a month of his wife's death He thought his love for his first wife had been immense, but he forgot her very quickly!

I will never forget the great lesson I learned from my teacher, Sri Yuktswarji, when he told me this little story:

"When I was a young boy, I became obsessed with the idea of owning a small, ugly-looking dog that belonged to the neighbors, and I caused a disturbance in the house for weeks in order to get that dog I stubbornly refused all offers of more beautiful-looking pets I only wanted that dog and no other"

The same attachment grips people in what is called infatuation Lovers are so magnetically drawn to a particular face that they are unable to find solace elsewhere But the beauty we should seek in others is the beauty of noble deeds, virtuous character, and spiritual inclinations, not physical beauty

When your soul is filled with joy, you become attractive I love nothing but a genuine, innocent smile because without it, people are no different from puppets Today they say they will love you forever, and tomorrow they are buried So where is their great love? And where is that absolute certainty, "You are my life, and I will love you forever?"

But if you let God say to you, even just once, "I love you," that love will truly be eternal Why waste time searching for crumbs of human love, a handful of money, or this or that, when you can find everything in God: all the love in the world, all the power in existence? We should not seek God out of greed for power, but out of a desire for love Then we will find the greatest treasure And when we love God with a deep, heartfelt love, He will

answer us, and we will feel His love beating in our hearts

The seeker should meditate often, for life is sweetened by contemplating God Meditation is far greater than spending countless hours searching for money, human love, or anything else that might come to mind The more one meditates, and the more one's mind remains firmly planted in a spiritual state while working, the more capable one becomes of smiling I am in that realm now and always—in the blessed consciousness of God Nothing affects me Whether alone or with others, the joy of God always pulsates within me I have managed to retain my smile But winning that smile was hard work! Those same smiles are also within you—the same joy and bliss of the soul reside within you You don't need to acquire them, only to reclaim them You lost them temporarily through self-gratification with the senses, and you can regain them

Anyone who believes that physical things, which can be enjoyed through sight, hearing, taste, smell, and touch, bring pure joy is gravely mistaken The senses do not grant happiness; rather, they deprive us of it If you impose conditions on your happiness, such as saying, "I cannot be happy unless I see that face," you will never taste pure, unadulterated joy, because sensory pleasures are fleeting Days and years take their toll on physical beauty Everything in the material world is subject to the law of change Thus,

even if a person could see every beautiful face in the world, hear every sound, and touch everything they desired, they would still not find true happiness Yet, they might delude themselves into thinking they are happy Sometimes, after exerting tremendous effort to obtain something, they discover that there is no happiness in the thing itself Nevertheless, they derive some satisfaction from the effort they made, and therefore they think they are happy But this kind of satisfaction is temporary and fleeting

It is therefore futile to seek happiness in the senses Spiritual joy must be found and expressed in words and facial expressions When a person does this, even a small smile will envelop everyone around them with its blessed magnetism, and others will feel happy

But only God can change hearts We should not attribute to ourselves the ability to do good The only true doer of good in existence is God This world is His If you feel His presence and realize that He is in control of everything, and if you entrust everything to Him—good deeds and even bad ones—you will be amazed to find that all your actions will be transformed into good deeds

When the awareness of God is with you, you will be incapable of doing anything that displeases Him We must dedicate our lives to Him and recognize that it is God who inspires noble thoughts and motivates us to perform good deeds We must eliminate that "ego," which is the

greatest obstacle to this liberating knowledge A person would be unable to raise their hand if God extinguished the tiny spark of life in their medulla oblongata! [The primary point through which the life force enters the body]

I was sitting outside once, and it was very cold I turned my awareness inward, and in the blink of an eye, I could no longer feel the cold at all I was filled with immense joy, and from time to time, I saw my body and everything around me dissolve into a single light I could see the shapes around me if I focused on them, and the world would vanish if I focused on the light Nothing can be seen without awareness If you have complete control of your mind and look inward, into yourself, you will see that great divine light, even with your eyes open

When you turn your gaze outward through your eyes, your consciousness perceives the external world Everything in existence is a moving image in God's cosmic film That day, I was able to see sensations and thoughts that were dreams to my consciousness emanating from God I was also able to feel pure joy without any sensations whatsoever when I turned my consciousness inward Even though I was sitting in that bitter cold, wearing only light clothing, I could feel the cold and the sights disappear, and only joy take hold Later, I experienced some sensations while experiencing that great joy

We must train ourselves to feel God We should not be satisfied with reciting a short prayer or

witnessing a simple light Whoever can reasonably control their sexual urges, manage their senses to some extent, and pursue God with all their might will undoubtedly experience a divine encounter if they have the desire for it Even if a person is a great advocate of morality and possesses spiritual inclinations and dispositions, this is not enough without actual divine perception

A person should not deceive himself If he longs for spiritual experience, he should meditate properly and say to God: “Lord, I know my weaknesses, but they will not stand as an obstacle between me and you I only desire to stay with you because you are the one who created me and my first duty is towards you”

The wise advise the seeker not to consider himself a sinner, nor to call himself righteous and become arrogant, but rather to realize that God is with him and working through him Then he will see a new world Without divine awareness, this world seems full of conflict, violence, and bitter and terrible disappointments There is no refuge except in that supreme divine awareness

In a single second, God can create an exact replica of anyone who has left this world through death We must recognize this truth God wants us to understand that this creation is merely a spectacle If we take the show too seriously, we will suffer and lose the joy of it, and we will be unable to bear life with its illnesses, pains, sorrows, and burdens

When anything causes me physical pain, I place my mind on the spiritual focal point between my eyebrows, and I feel no pain at all But when I focus on the source of the pain, I perceive it as an illusion If you can maintain your spiritual awareness, you will not suffer when the illusory shadows of sorrow pass before your soul Pray unceasingly to God so that He may reveal Himself as the unique and joyful reality within you

People waste so much time, and death snatches them away one by one The purpose of life is to know God, and one should not leave this body without achieving that goal

God wants us to raise our awareness and rise above the dualities of this world, but He will not allow man to permanently leave this asylum of illusions unless he heals himself from the disease of lusts

We must do everything we do for the sake of God Working for God is as important as meditation for achieving spiritual progress

At night, when the disciple meditates on God, his spirit is lifted and he feels immersed in His bliss When he carries out his work during the day, he brings with him the memory of that state and retains its joy, thus remaining in communion with God, and he will always be able to smile and say: "A little sadness or a little pleasure, or a little peace, cannot cause any commotion or agitation in the ever-renewing bliss of my soul"

We must scoff at the deceptive illusions of life and view it as a series of ever-changing, transient cosmic images Only then will we escape the spell of cosmic illusion We must live in God's grace When we can stand firm and resolute amidst life's diverse events, we will realize that God is the only true reality in the universe God does not wish to harm us because He created us in His image We must cease thinking of ourselves as weak humans and recognize the immense cosmic potential within us, waiting to be unleashed

When a person is suffering from cancer or any other illness, it is no trivial matter Yet, prophets and saints endured much, healing the sick and some even raising the dead, and their divine joy remained with them throughout their lives Similarly, we must return to God with our hearts, minds, and intentions But we will not be able to reach Him unless we affirm that we desire Him above all else

Man should not question God, for if he does, he will only reap doubts He will not be able to know His laws until he unites with Him So why waste time trying to understand those laws from a purely rational perspective?

If you were to read a novel where the hero is mistreated and the villain seems to triumph, and where each chapter contradicts the one before it, you would feel disappointed and resentful of the author But when you read the final chapter, you would feel relieved and consider it a wonderful

novel because of its complexity and intricate plot Similarly, God is the author of the greatest novel in existence, and the contradictions and complexities of creation would baffle even the greatest human mind But when we find Him in the final chapter, He will reveal the solutions to all the mysteries of human life, and we will have no doubt about His justice and wisdom when we receive the answer directly from Him How wonderful that is!

The divine presence dispels doubts, sorrows, and fears Those who have God dwelling in their hearts are overcome by fear, fleeing from it and freeing themselves from cosmic illusions Then they will smile and say, "Finally, I know the secret of life and the mysteries of existence" But we must not seek knowledge first We must love God first, and then He will reveal to us everything we wish to know When this happens, my friend, you will smile a lasting smile Your thoughts, words, writings, and everything you do will be imbued with the radiant joy of that smile Wherever you contemplate, you will leave a fragrance of smiles, and all who visit that place will smile with God

You can always smile when you live in His inexpressible bliss, for it is too sacred to be spoken of

Peace be upon you

Selfishness and altruism

What an individual projects or sends to others —in word, deed, and thought—will attract back to them in the same way and to the same degree Their true nature will be revealed through their facial expressions and actions Others will sense their psychological vibrations or waves, and their reactions to them will be commensurate with the nature of those vibrations—negative or positive

Whoever adopts a path of evil selfishness, others will try to take everything he has from him, but if he is otherwise, others will show him generosity and sympathy

We cannot possess everything What we have is a gift from God, meant for our temporary use while we live on this earth Sooner or later, we will have to part with our possessions, whether through accidents, theft, wear and tear, or death Therefore, when we try to cling to or hold onto anything simply for the sake of ownership, we are deceiving ourselves

Even these bodies we have lived in for so many years will one day be relinquished Therefore, it is a mistake to force ourselves to believe we possess things that cannot truly be possessed When something is given to us, we must understand that it is only ours for a limited time, and we must be prepared to share it with others

When a person covets more than he needs, there are big problems waiting for him

The humble person who loves God is greater than all

God is not hidden from us He speaks to us through flowers, through our thoughts, and through all of creation

The sole purpose of existence is to drive man to solve his mystery and realize that God is behind him

Those who feel harmony and accord within themselves are aware of the harmony and accord in nature

There is no doubt that we must have basic needs such as food, clothing and some financial security, but in our search for these things we must get rid of unnecessary needs, and by that I mean the blatant desires and burning urges to possess more than necessary

We must keep in mind that in our pursuit of fulfilling our needs, we should also help others with their needs and share what we earn with the less fortunate

Let us remember that we are an integral part of the global family and cannot live without it What would life be like without the carpenter, the inventor, or the farmer? Through the exchange of services and expertise, God wants us to think of others, for it is a grave mistake to live only for oneself

When we think about our own happiness, we must also think about the happiness of others It's not necessary to give up everything for the sake of the global family, because that's impossible But we must empathize with others and consider their needs as our own God wants us to give to one another as much as we receive from one another Others are our greater self But the average person thinks only of themselves, first and foremost

There is no doubt that the instinct for survival is strong But the world amplifies this feeling within us and suggests the necessity of clinging to everything that is ours However, we must remember that all of God's servants are His family and that we are all brothers and sisters on this earth

God has endowed humankind with reason and perception, enabling us to experience hunger and cold We must recognize that others around us also experience hunger and cold When we seek our own comfort, we should also strive to help others find comfort Since we dislike pain and suffering, we should extend a helping hand to those in need around us to alleviate their suffering and dispel their misery They suffer as we do, and some may suffer even more than we do

If a person's sympathy is limited to his family and friends and no one else, he restricts himself, and happiness flees from his life to be replaced by unexpected problems

We should be ready to help others to the best of our ability, and find joy in offering assistance to those we encounter We shouldn't consider this a sacrifice, because if we did, helping would become a burden Instead, we should feel an inner joy, for giving is blessed, and there is a pleasure known to those who try to help others, both materially and emotionally, and who mend their broken hearts

If the world would give up its evil selfishness, we would see paradise on this earth

The seeds of war lie at the heart of malevolent selfishness Early humans first used stone clubs, which later evolved into bows and arrows, to protect their own selfishness from the selfishness of others Later, rifles and pistols were invented, then machine guns, and subsequently bombs and poison gas—all to protect the selfishness of one group of people from the selfishness of another

As a result of this abhorrent selfishness, wars break out, the economic balance is disrupted, and recession and then depression take hold

Humanity's destructive potential has grown and developed more than its constructive potential This malignant boil—the boil of malevolent selfishness—will eventually burst But sadly, many lives will perish before humanity awakens and realizes that nationalistic selfishness is no less harmful than personal selfishness A nation is fundamentally composed of small groups, and

those groups are composed of individuals; one must begin with oneself

Borders between countries are not fixed, and the world's governments are subject to constant change

Selfishness that seeks happiness without regard for the rights and happiness of others, or that tramples on the rights and interests of others for its own ends, breeds poverty, misery, and unhappiness Enrichment at the expense of others is a grave mistake Great people advocate altruism based on a genuine spiritual desire to share and give

Communism, which outwardly promises the masses abundance and prosperity, will not succeed and will one day collapse because it is based on coercion and the suppression of personal freedoms (Note: This lecture was given by Master Paramhansa in 1937 and that conclusion has indeed come true!)

If a person focuses solely on their hands and feet and neglects their head, the brain will not function to guide motor skills All bodily functions must be coordinated Similarly, the minds (the decision-makers) in nations and societies must work in coordination with the hands and feet (the workforce), because if interests clash, order will break down, chaos will prevail, and suffering will result

There are two teachers in the world He who takes God as his guide and mentor has nothing to fear He who takes Satan as his leader and guide will suffer greatly

The key word for most people in this life is "me" Those with a spiritual disposition and inclination think of others as much as they think of themselves Those who think only of themselves bring upon themselves the enmity and resentment of those around them But those who consider the feelings and interests of others find that others think of them and consider their feelings

If there are one hundred people in a town, and each one tries to take from the others, then each one will have ninety-nine enemies But if each one tries to help the others, then each one will have ninety-nine friends

I lived that way and lost nothing by giving to others In fact, everything I gave returned to me multiplied by God's grace Now I yearn for nothing because what I possess deep within me is greater and more precious than anything the world could offer What a person truly seeks is happiness, and once happiness is attained, the need for the circumstances that lead to it disappears

I don't have a bank account because my only guarantee in this world is the good feelings people have towards me I don't believe in any other earthly guarantee True wealth lies in living in the hearts of one's brothers and friends

When we are altruistic, we become happy And if we adopt this approach, others around us will be influenced by our behavior and try to emulate us We must eliminate selfishness, which is the root of all individual and national evils

Altruism expands awareness

When you send out good intentions to others, your awareness expands When you think of your neighbor, a part of your being is activated along with that thought But thinking alone is not enough; we must be ready to put our thoughts into action

Marriage offers a lesson in altruism Two people strive to share their lives together Then children come along, and the parents share what they have with them But thinking only of the immediate family (ie, just you and me, or just us) is a form of selfishness The time will come when loved ones depart from us, and that is the way of life This reminds us that the ultimate goal of humanity is to expand the boundaries of our awareness by working for others and sharing life's blessings with them

Altruism brings its possessor many blessings and great happiness, for through altruism one preserves their own happiness My goal is to make others happy, for my happiness is derived from their happiness

We cannot truly savor the taste of accomplishment unless we share our happiness with others I'm not just referring to family members, but to all people We must think of others and help them to the best of our ability This doesn't mean impoverishing ourselves, but rather showing genuine, friendly concern and a willingness to share We must apply the principles of justice to ourselves first We cannot teach altruism to others if we are not altruistic ourselves By starting with ourselves, we become good role models for others

I have dedicated my life to serving and benefiting others I have traveled extensively and lectured to large audiences But I know that I serve others best through my writings and teachings

Crowds come to listen to lectures, not necessarily out of genuine love People come for inspiration and spiritual comfort But I want souls who seek the truth, who love God That's why I've focused, and continue to focus, on the necessity of meditating on God

All serious and persistent seekers in their spiritual pursuit will be crowned with success if they continue to proceed with desire and diligence

We must love God with all our hearts, minds, souls, and strength, and love our neighbor as ourselves

What is meant by loving God with all one's heart, mind, soul, and strength? The heart means feeling, the mind means concentration, the soul means deep spiritual harmony in meditation, and strength means directing all our energy toward God This means loving God with all one's feelings, with all one's concentration in meditation, and by redirecting life's energy or power from the material to the spiritual, shifting attention from the body to God

It is not possible to love God without contemplation, because only through contemplation can we realize our spiritual nature as a soul eternally and forever linked to God who created it in His image

We must build within ourselves a throne for the sublime love of God There is nothing more important in life There is no higher ambition than to love Him, to speak of Him, and to enlighten others to come to know Him I want nothing else from people

It is a pleasure to share my spiritual experience with those who sincerely seek it Nothing brings me more joy than speaking to them about God and helping them experience His presence

It is wonderful to love God and to love His servants When we find Him, we feel His love in everyone There is no power greater than the power of love in the universe

I see the Most High Lord enthroned upon the heavens and oceans and upon the throne of my consciousness I see Him present within me and in the souls of all and I embrace Him in all His infinite forms and manifestations in creation

Human beings are constantly searching for that "other thing" they hope will bring them complete and lasting happiness For those souls who have searched for God and found Him, the search is over, because God is that "other thing"

May God bless you, and peace be upon you

Spirits and Ghosts
Its reality and essence

There are all sorts of stories and tales about spirits, ghosts, treasure-hunting goblins, witches, corpse-eating ghouls, and vampires And the number of people who have claimed to have had encounters with these beings is not small

Of the many cases I encountered, most involved individuals suffering from severe mental hallucinations One such woman had read a book about bloodthirsty, hellish creatures, and her hallucinations were so vivid that she felt a ghoul was sucking her blood every night She would recover each time she visited me, but the idea of a nocturnal ghoul remained ingrained in her mind because the illness would recur She died prematurely, consumed by her own delusions

Belief in witchcraft was widespread in the 16th century, and hundreds of people suspected of

being witches were falsely accused of being in league with the devil and died as a result Joan of Arc was tied to a stake and burned at the stake because she was considered a witch

There is another world, the ethereal realm, hidden behind this universe Its inhabitants are enshrined in planetary forms composed of light These beings, or "ghosts," are invisible to our eyes and usually remain confined to their world, just as we are confined to our physical world If it were easy for malicious inhabitants of the planetary realm to penetrate our earthly plane to harm us, we would live in perpetual fear and terror

Our land already has enough horrors and terrors Surely God doesn't want to add to our suffering the interference of ghosts and demons!

However, there are some planetary beings known as wandering spirits These spirits are bound to Earth by strong attachments and desire to enter a human body to use it as a vehicle for their sensual pleasures These beings are usually invisible and have no power to influence ordinary people Occasionally, malevolent spirits succeed in entering and possessing a person's body and mind This only happens when that person is mentally unbalanced, when their mind has been weakened by being left idle or unthinking, like someone who leaves their car unlocked with the keys inside In such a case, a vagrant might enter the car and drive off

Wandering spirits are those souls who have lost their bodies through death but remain deeply

attached to them Therefore, they try in every way to use the body of any person to achieve their aims Fortunately, wandering spirits cannot withstand the intense vibrations of spiritual thought and consciousness Those sincere seekers of God who contemplate and meditate on Him have nothing to fear from these lost and misguided beings For God is the Supreme Spirit, and no spirit, however evil, can harm those who love God and are constantly mindful of Him

To understand the nature of planetary beings, we must first understand ourselves When God created us, He first created us as consciousness From His all-encompassing mind, He fashioned us, and from this perspective, we are primarily mental beings Isn't it true that when you create something new, the first step is to conceive a model of it in your mind? Then you gather the necessary materials and finally bring that idea to life This also applies to our composition and the composition of all creation We possess three natures: the mental nature (the idea), the ethereal nature (the material of creation), and the physical nature (the dense product)

The physical body is composed of 16 elements But how these chemical substances of material elements were combined to make the body an instrument of the mind is truly astonishing!

Some people want to buy a new car every year But they are forced to keep their old physical model for sixty, seventy, or even more years! Even when the body becomes worn out, the desire to

keep it remains strong until God says, "Enough! Release me from this body!" Then, the person leaps from their decaying body to find themselves in an ethereal body composed of light and vitality They rejoice to find that they have the ability to hear, see, and touch through their new body, and that they have no bones to break or flesh to be damaged

When a person dies, their physical body decomposes, but their planetary body remains in its original state in its entirety

Where are those souls that left Earth? They roam the ether You might say, "That's impossible," but let's make this comparison:

If I told a member of a primitive tribe that music exists in the ether and can be picked up and heard, they would laugh at me, or perhaps even panic But if I brought a radio and tuned it to a station broadcasting music and songs, they would be unable to refute my claim Similarly, I can demonstrate to others that extraterrestrial beings traverse the ether, and they will be powerless to deny it The extraterrestrial world is here, beyond the dense vibrations of the physical universe

If people could see the multitudes of planetary beings in the ether around them, many would be seized with fear, and some would try to search for their departed loved ones

If you focus deeply on the spiritual eye, you can, through inner vision, perceive the radiant world in which all souls that have passed on to the ethereal realm live In humans, the heart acts as a

receiver, and the spiritual eye transmits the light Even if you cannot see your departed loved ones, if you calmly focus your feelings on the heart, you will sense the presence of those dear to you who exist in luminous bodies, enjoying their freedom from the bondage of the physical body

I see many planetary beings that have left Earth's plane, but they cannot see me I do not make myself visible to them, but I can see them if I wish

Therefore, we are not completely free when we leave the body at death Our souls remain encased in the two subtle forms: the planetary (energy body) and the causal (thought body)

When a human being assumes a physical form, he becomes a visible being in this world After the death of his physical body, he remains in the planetary world as a "ghost," that is, as an invisible being endowed with mental capacity and the same mentality and characteristics that distinguished him during his earthly existence

The inhabitants of the planetary world can, of course, see one another in their luminous bodies, but planetary beings are usually invisible to us on Earth unless we know how to penetrate the planetary world through the spiritual eye When souls shed their ethereal bodies and enter the mental state of the causal world, they do not vanish entirely, but rather become completely invisible, just as thoughts are invisible

When souls are freed from carnal desires, they no longer need to incarnate again on Earth These

souls then move between the planetary realm and the causal paradise, continuing to incarnate on the planetary plane until spiritual liberation from that state is also achieved When all causal desires are exhausted, the individual becomes truly free, or a free soul

If the departed soul still has unfulfilled desires from its earthly existence, it will continue to feel those desires in the planetary realm and yearn to express itself in a physical body Thus, that soul is drawn back, with its planetary body, to a cell (a sperm cell) formed from a sperm and an egg, and is reincarnated as a newborn

It is unwise for a person to permanently attribute any physical deficiency to themselves Suppose someone loses an arm in this life, and the idea of that loss becomes ingrained in their consciousness, convincing themselves that they can never use it again When they are reincarnated, they will bring with them that feeling of the missing arm If this negative thought is strong enough, it could hinder the creative work of the conscious vital activity that creates the arms of the new body Therefore, a person should never define themselves by the imperfections and deficiencies of the physical body Such limitations do not pertain to the soul, which is the pure and perfect image of God

Thus, you see that before you took on a physical form, you were a spirit, and upon death, you will return to being a spirit once more We are spirits even when we sleep, because during sleep

we are not aware of ourselves as physical bodies at all So, since you are a spirit when you are asleep, and you will be a spirit after death, why should spirits fear? This is what you have always been—a spirit—and you always will be—and this is what you will be for all eternity

The only difference is that when you enter the planetary realm at the time of death, you cannot create at will a physical body like the one you have now Only the Great Masters who have united with the Supreme Creator can do so Spiritually advanced souls can intensify the subtle vibrations of the planetary vehicle into a tangible body

We fear death because of the pain and the idea of annihilation That is a misconception Jesus Christ revealed himself to his disciples in bodily form after his death Lahiri Mahasaya returned in flesh and blood the day after his death We have shown that they did not perish

(And the Messenger, peace be upon him, said, “The most truthful of you in dreams is the most truthful of you in speech” And, “Whoever sees me in a dream is as if he saw me in reality”)

While cases of spiritual poles are rare, it should not be said that their testimonies are incorrect

I personally saw my teacher, Sri Yuktsuwar, who was resurrected about three months after his death (See Spiritual Worlds: Its Reality and Nature on this site)

The sacred books of wisdom state that the human soul is essentially a reflection of the divine

spirit It never experiences the agony of death or the pains of birth, and its existence is eternal as long as existence itself endures This soul is eternally alive and unchanging, untouched by decay and unaffected by annihilation

Many times, a sick disciple living far away drew my planetary body to him through the strength of his devotion and love One such instance occurred here with a disciple named Seva Devi She was an exceptionally devoted disciple Once, she became very ill but kept it a secret from everyone When I visited her in the hospital, she said to me, "Please ask God not to keep me in this body any longer"

Later, I returned to the Encinitas hermitage on the Pacific coast, and one morning I suddenly felt the transparent planetary vibration of Seva Devi Through her devotion and spiritual love, she drew my ethereal body to her Instantly, my physical body froze, as if life had departed from it I was later told that Seva Devi suddenly cried out, "Swamaji is here!" just before she left my body, as she was consciously aware of my being taken to the other world

Later, I saw her, her body radiant, sitting in one of my classes, just as she had appeared during her lifetime If someone had touched me then, they too would have been able to see her, although those in that state of spiritual awareness do not allow others to touch them

We have crossed the threshold of death and returned to life many times, so why fear death? It

comes to liberate us Of course, we should not wish for death, but we should find solace in it—when it comes of its own accord—to deliver us from various troubles

People also fear death because of their long stay in this physical prison, to the point that they fear leaving it But it is foolish for a person to be afraid

Since it is God’s will that we possess this ancient physical model until death, we must preserve it and give it the necessary care

There is a story in India about a dying young man who cried out when he heard the sobs of sorrow and the anguish of parting around him:

Do not insult my soul with your cries of sympathy

When you embark on the eternal realms of light and love

I am the one who should pity you and feel sorry for your situation

As for me

No more illnesses after today

Not even a broken bone

No sadness, no excruciating pain

Because I dream of joy and swim in a sea of joy

And I breathe joy

Extended working hours!

Man does not know what will happen to him in this world He lives amidst fears and psychological anxieties Those who have passed on pity him and bless him from their world I said this to a mother

who had lost her son, and as soon as I finished explaining, she immediately wiped away her tears and said: "I have never felt such peace I am happy to know that my son is free I thought that something terrible had happened to him"

Many spiritually advanced people are able to see their etheric bodies

When the etheric body ascends or leaves the physical body at the time of death, the departing person sees their body as dead This same experience occurs when advanced yogis transcend the physical body through willpower, enabling them to leave and return to their bodies at will However, many people who believe they can do this are mistaken Simply thinking about experiencing something does not mean it will happen Knowing the method is essential

Once, a man in New York came to me and insisted that he could travel etherically (from his physical body) I told him, "I don't think so; you're imagining that you have that ability" But he insisted on testing me I agreed and said, "Fine, then travel etherically and go downstairs and tell me what's happening in the restaurant down there"

He remained silent for a moment, then said, "There's a grand piano in the right corner"

I was certain he was imagining it because his breathing and pulse were normal

So I said, "On the contrary, I think you'll find two women sitting around a table there" He scoffed at me Then we went together to the restaurant,

and there was no piano in the corner, only two women sitting around a table Finally, our friend understood that he had been deluded by his own fantasies

In my esoteric planetary visions, I often see terrifying events, but they seem like a movie to me The world was meant to entertain us, not to torment or frighten us And God Almighty made the drama of His creation incredibly complex, filled with the contradictions of good and evil

We must train ourselves to understand our hidden spiritual nature But this is impossible as long as we constantly confine our thoughts to the physical body Constant preoccupation with material things makes us materialistic and stifles our spiritual aspirations We must make God the most important consideration in our lives If we relegate Him to a secondary position, He will not come to us, and we will not come to know Him The temptations of the world are numerous and ever-present Those who desire spirituality must activate their will and forge their path through the dense forest of temptations to reach a safe and serene realm

The ethereal planetary ascent can be consciously experienced only when a person enters profound states of spiritual ecstasy, expanding their consciousness to a higher level of awareness Through their spiritual eye, they can perceive any point in space, whether in this world or the ethereal realm They can also transcend the limitations of time and space Some spiritually

advanced individuals possess the ability to condense their ethereal and even physical bodies into any location This state is called bilocation, or dual presence, where one can be in two or more places simultaneously In this state, the physical body is in a state of suspended animation, similar to a trance When the master reaches the highest stage of spiritual ecstasy (the stage of divine knowledge), they can perform all their functions normally while remaining immersed in a sacred state of rapture

He who seeks refuge in God cannot be harmed by anyone, and he has nothing to fear as long as he believes in God and holds fast to His guidance But when a person allows negative thoughts to creep into his mind and believes that someone is trying to harm him, he gives that person the power to do so

Imagine someone sending you a false idea, and you accept it You will undoubtedly be harmed by it But you have the power to reject evil thoughts Do not fear those with malicious intent, for no one can influence you unless you are psychologically weak Fear and a closed mind allow evil to enter But when you affirm to yourself, "God is with me and protects me," only good will come to you from the thoughts of others Even if someone sends you evil thoughts, they will not reach you; rather, they will rebound upon the sender, harming him in ways he knows or does not know Surround yourself with God and seek refuge in His blessed name, the strongest power in the universe It is an

impenetrable wall against which all arrows of evil, falsehood, and hypocrisy shatter, and from which all negative thoughts are deflected and repelled back to their source and originator!

Pay no heed to the forces of wandering ghosts and stray spirits, or to practitioners of black magic There are many great and constant cosmic forces at play in the arenas of life There is a cosmic war between good and evil But there is no fear for the sincere believers who act according to their faith and good intentions, for good will ultimately prevail

This world is governed by unseen beings and forces: God, His prophets, and His saints on one side, and Satan, his minions, and his evil alliances on the other There is a great tug-of-war between God and His angels and Satan and his allies The problem cannot be dismissed as mere illusion If Satan did not exist, we would not seek God's help against him Evil exists and must be countered by all means and methods

When God created humankind, He also created Satan Satan, with his deceptive power, exists to test people Unless fire melts iron, steel cannot be hammered or forged So when illness or pain strikes, remember that it is a test that must be passed Do not complain or be distressed by such trials Many great souls have perished from terrible illnesses and endured immense suffering Some were afflicted with serious disabilities, yet they maintained their faith and passed on contentedly to the highest glory

Our planet Earth is one of the most densely populated places There are immeasurably better worlds than this Earth, which is filled with all kinds of troubles and hardships Yet, God does not forget us in His mercy; rather, He tries to help us in many ways to overcome our suffering and the obstacles that stand in our way

God, His angels, and millions of good spirits strive to establish a sacred order of harmony on Earth Every good quality and beneficial trait originates from a good spirit, for good spirits constantly sow seeds of virtuous thoughts and intentions in the soil of our minds At the same time, however, the king of darkness—Satan—with the help of his evil spirit followers, creates chaos and trouble in the world Who but Satan created the germs of disease? He brought forth many forms of plague, then tuberculosis, and another deadly affliction, cancer, and others—all demonic methods to torment humankind But God inspires many researchers to devise new and beneficial ways to eradicate disease

Sexual pleasure is a deceptive counterpart to divine bliss When sex is separated from faithful love and used to satisfy animalistic instincts, it becomes a tool in the hands of Satan to keep human consciousness captive to the senses, incapable of experiencing divine consciousness

There is a false trinity created by the devil as a substitute for spiritual ecstasy That trinity is unbridled lust, the desire for alcohol, and the greed for money

When Adam and Eve experienced sexual sensation, they fell from Paradise, losing the divine consciousness that had allowed them to experience unity with God in spiritual ecstasy Therefore, they were expelled from the Garden of Eden Since then, humankind has been forced to reproduce sexually, like all other creatures The woman gives birth in a painful and arduous way Afterward, the husband and wife must accept what they have If they have a selfish and flawed child, they are obligated to raise it Originally, they possessed the power to create whatever they desired through the power of reason, just as God does Blessed be those early days of innocence Truly, they were happy and glorious days

And after all this, ultimately, Satan himself will become an instrument in God's hands Satan does not keep his promises to humankind, and therefore, the frustrated and disillusioned turn to the faithful Lord for help and to fulfill their hopes

But we don't need to wait for disappointment to motivate us to turn to God We shouldn't put all our eggs in one basket

We must not confine our hopes for happiness to the fragile basket of the body and the short-term pleasures of the world

Let us, my friends, listen to the voice of God speaking to us through our good thoughts God, His prophets, and His angelic spirits create these noble thoughts Satan and his minions create thoughts and temptations in their own image

Whenever a wicked thought crosses your mind, banish it without regret, and the devil will no longer be able to exert his influence over you and harm you Remember that the moment you think wrongly, you take a step closer to the devil

Man is in constant motion, moving back and forth between good and evil

To escape this shuttle diplomacy, one must go where the hand of the devil and his henchmen cannot reach To the heart of God , and peace be upon you

Mental balance amidst changes

Westerners emphasize physical comfort When the weather is extremely hot, they suffer due to the lack of cooling, and when it is extremely cold, they feel discomfort due to the absence of artificial heating But Indian teachers impart a different philosophy They say that sensitivity to heat and cold, pleasure and pain, arises from the illusory suggestions of the deceptive senses and from a person's engagement with and response to their endless demands The wise person, however, is the one who escapes the grasp of the senses and transcends all dualities

Great thinkers do not suggest that one should discipline oneself to the point of harming one's body Rather, they advise freeing oneself mentally from the sensation of heat or cold when the heat or cold becomes unbearable, while simultaneously seeking a rational remedy for that condition

Gita says : “Those who are bound by sensual pleasures are unable to attain the mental balance

necessary for meditation, nor can they unite with God through the ecstasy of Samadhi spiritual bliss”

When a person manages to mentally detach themselves from sensory disturbances, they attain inner peace By remaining unaffected by the coming and going sensations, they reveal the essential, unchanging tranquility of the soul In that steadfast, unwavering awareness, they become one with the absolute, infinite, and unchanging

A passive response to all bodily sensations disturbs both the mind and the soul When the soul is disturbed, a person loses their true nature, which is tranquility God is present in the hottest and coldest places on Earth He is in the Arctic and the Empty Quarter, unaffected by the extreme conditions and temperatures of His earthly creation Human beings, created in His image, should strive to emulate His conduct God placed us in this body, subject to heat and cold, pleasure and pain, but He wants us to view these dualities with a balanced mind He wants us to rise above all forms of duality We must cultivate strength and endurance without recklessness or lack of foresight When we cannot avoid extreme heat or cold, we must detach our minds from them The more effort we make to do this, the more the mind liberates itself, so that unwanted sensations cannot negatively affect our consciousness or feelings

The skin's surface doesn't perceive touch; these sensations are processed in the brain A person can only taste, touch, smell, hear, or see through the mind We seem to experience taste on

the surface of the tongue, but it is actually the brain that registers that taste Similarly, when a part of the body is injured, the pain is primarily felt in the mind, not in the affected organ We have two mechanisms for sensing pain: the nerve and the brainstem Sensation occurs when the brain allows communication between the nerve and the brainstem Unless the brain recognizes the pain, there is no pain This is the remarkable discovery of the great Indian masters When a person is under the influence of chloroform or an anesthetic, they do not feel pain because the sensations do not reach the brain At the nerve endings are tiny hairs through which pain signals are transmitted to the brain The anesthetic prevents the transmission of these pain signals

The brain is the sensory organ of the mind, and all bodily sensations are transmitted to it via the nerves and the brain itself Since the mind is connected to the brain, it receives and interprets these sensations A mind strengthened by positive thinking is less affected by sensations of pleasure and pain It is aware of these sensations but is not bound by them

Humans were given sensation to protect their bodies Without it, a person could suffer a severe cut or burn without realizing it Animals did not develop this capacity, and therefore their sense of pain is less pronounced; otherwise, the cruelty inflicted upon them through certain methods of killing and slaughter would be unbearable For

example, crabs are thrown into boiling water while still alive!

Because both pain and pleasure are creations of the mind, physical pain can be alleviated by practicing mind control Then, one can experience a sensation as an indicator of an abnormal condition without feeling pain The Bhagavad Gita addresses this in greater depth Hypersensitivity to either pleasure or pain intensifies their effects, while reduced sensitivity makes one less affected by pain and less enslaved by sensory pleasures I trained my body and mind to become less sensitive to stimuli and found myself free from sensory distractions This training is the path to liberation from the grip of the senses and their endless demands

One doctor possessed such mental fortitude that he was able to perform a dangerous surgery on himself! Of course, this is impossible for a mind enslaved by physical attachments But with training, the mind can become incredibly strong The more a person trains and refines their mind, the more control they can exert over it A spoiled child is deeply distressed by even the slightest harm, while a child trained in resilience and endurance rarely flinches or recoils in pain even from serious injuries

In this respect, the training method advocated by the great Indian masters differs entirely from that taught in the West India's spiritual teachers train their disciples to liberate themselves completely from enslavement to the body and its

senses The comforts developed in the West encourage indulgence of the body, and as a result, the effort invested in developing mental faculties is minimal and negligible In India, we learn (in the retreats of our guides) how to nip the power of the senses in the bud so that we do not become enslaved by them In my school in Ranchi, Bihar, we sometimes had the young children sleep on small mats on the hard ground, and they grew up healthy and strong, both physically and mentally

Westerners are accustomed to many external means of relaxation and restful sleep In India, we used to sit on hot sand for meditation Gradually, we were able to sit in the heat all day, and in the cold as well As a result of this training, I acquired such mental capacity that nothing could disturb or affect my consciousness When I disconnect my mind from my senses, nothing bothers me at all

Years ago, the weather was unbearably hot, and everyone was panting Through mental association, their discomfort was transferred to me, preventing me from concentrating and writing articles Then I berated myself, saying, "Why all this?" and prayed to God

"Oh Lord, the same electricity creates heat in the oven and ice in the refrigerator So the weather is mild!"

Immediately the atmosphere became pleasant for me, as if a layer of snow had surrounded my body, and I began to feel greatly inspired and wrote without any difficulty

Once, years ago, I was on a cross-state road trip in an open-top car with a group of young self-discovery students, one of whom was my secretary He and I fell asleep in the car, sharing a small blanket The night was freezing cold When I was fast asleep, he pulled the blanket off me, and when I was half-awake, I unconsciously pulled the blanket off him! This went on for a while Then my mind said, "Why are you acting like this? Everything is fine You're warm!"

Then I threw off the blanket, sat up, and began to meditate until my body felt as warm as a loaf of bread When the disciples awoke two hours later, shivering with cold, they found me motionless I was lost in sacred ecstasy, and thinking I had died, they tried to rouse me from my spiritual rapture with their shouts But I smiled and said, "Why all the noise, young men? Let's continue on our way" They protested, "You were sitting in the freezing cold without a coat or blanket!" Yet I didn't catch a cold I was the only one who was warm!

What needs to be done is to train the mind to become more positive If you resolve that you will not catch a cold, the likelihood of catching one will decrease The mind should also be trained to overcome pain Mental sensitivity magnifies pain, and magnifying pain means forgetting the image of God within oneself—that sacred and invincible image

Ancient Indian sages said that all habits begin to form in a person at the age of three It is very difficult to change these habits once they have

become ingrained and deeply rooted in the conscious mind If your family and environment have instilled in your mind what you like and dislike, these impressions may stay with you for life The first thing I learned from my wise mentor, Sri Yuktiswar, was to overcome the psychological impulses related to sensations When I first went to him for training, I would catch a cold if I didn't use a warm blanket in cold weather But my teacher taught me how to use the power of my mind to overcome this tendency As a result, I was freed from the colds that had plagued me since childhood until I received the master's training!

Some people say we should rely solely on reason Others believe we should satisfy our senses Both positions are extreme

According to one theory, it's advisable to get regular medical checkups to ensure the body's health and well-being, just like having your car inspected from time to time This makes sense But humans aren't machines If your mental health depends on your physical condition, sooner or later the mind will become enslaved by the body's demands, rendering all types and quantities of medication and other physical treatments ineffective This explains why we suffer from incurable diseases Physical weakness has become entrenched because the mind has refused to be the master of the body

Moderation is best at the outset If you sustain a minor injury, apply a little iodine, but do not rely entirely on medicine Take reasonable and

appropriate precautions until you can gradually rely more and more on reason The great teachers themselves used medicines originally made from herbs and chemicals created by God Medicines and drugs are not essential for a spiritual teacher, but to demonstrate that God's power works in countless ways, they may occasionally choose to use certain medicinal preparations In any case, victory lies in the power of reason When you reach the firm conviction that you can do without all medicines without any adverse effects, you triumph and gain dominion over the body

Once, a teacher broke his arm and allowed it to be treated and bandaged When a wealthy man came to visit him shortly after the accident, the apprehensive students thought the visitor would be disappointed upon seeing the teacher's arm in a sling (hanging around his neck) The teacher said to the visitor, "As you can see, my arm is broken and I am in pain The students imagine that upon seeing my broken arm, you will think that God has abandoned me and no longer cares for me Do not pay any attention to them"

On another occasion, the same teacher was singing to God in a state of sublime rapture when he fell onto a nearby pile of glowing coals Yet, he continued singing When the students lifted him up, they found that some of the live coals had stuck to his back and were searing his flesh They were horrified by the gruesome sight, but the teacher smiled and calmly said, "Well, just pull the coals off instead of all this fuss!" He did not complain of any

pain This is the mental transcendence that teachers demonstrate On this occasion, the teacher proved that he was indeed above pain On the first occasion, he had shown that he was affected by the pain but endured it with patience and humility

A firm stance must be taken regarding the body and its demands The scriptures state that the concepts of heat and cold, pleasure and pain arise from the senses' contact with the sources of those feelings or sensations However, these feelings and sensations are limited by a beginning and an end They are fleeting and transient in nature and should therefore be endured with patience and forbearance Why be affected by a little cold or pain? Greater psychological courage must be cultivated by training the mind to endure until it can finally rise above all other forms of pain and suffering

The body is merely a cage covered with flesh, in which the bird of life lives for a limited time Life itself is completely free from the body, but life has become linked and bound to the limited, restrictive states of the body, and for this reason it suffers

During waking hours, you are aware of physical sensations But during sleep, when your mind is free from the body, you are not aware of those sensations, but rather experience a profound peace

Because man is created in the image of God, he is capable of living in the body completely detached from bodily sensations But instead, he

takes bodily states upon himself and makes them all the more real

To be free from sensations, one must mentally detach oneself from the body This is why the saints advise psychological transcendence of both pleasure and pain, and this can only be achieved through practice I have proven this truth to myself and know that excessive sensitivity entails many harms Submissive compliance with the demands of the senses is the root of all pain and misery God did not decree suffering for us He created sensory perceptions to guide and entertain us, and He intended and still intends for us to use the physical body wisely, not to become so attached to it that we become miserable and wretched If a person loves a pet deeply, they will respond to that animal's sensations, even though they are not physically connected to it by nervous system Similarly, our physical pains stem from excessive psychological attachment to the body

The mind must gain greater dominance over the body It is wonderful to be able to live by the power of the mind, for the mind can do whatever is asked of it And how can one become more and more reliant on the mind? By gradually accustoming oneself to heat and cold, to sleeping on a firm mattress, and to reducing dependence on familiar comforts

While I was talking, I was completely oblivious to the high temperature today, but just by mentioning the heat, I started to feel it

Once I was lecturing in extremely hot weather In addition, the heat inside my body increased, as it does whenever I lecture on spiritual matters My mind said, "You cannot complete the lecture without wiping your sweaty face"

I felt in my pocket for a handkerchief but couldn't find one Then I looked into the spiritual eye and whispered to my mind: "There is no heat at all" Immediately the stifling heat vanished and I continued the lecture calmly and enjoyably with a soothing coolness

Practice these things yourself and see if what I'm saying is true You can amplify the pain with sensitivity and lessen it with mental freedom When a loved one passes away, instead of excessive grief, we should accept that they have gone to a higher realm in accordance with God's will, and that God knows what is best for them We should thank God for their liberation and send them loving thoughts and good wishes, asking God to accept them and bestow His mercy and favor upon them in the eternal abode where they will have no fear nor sorrow

It is natural to grieve the loss of loved ones; otherwise, we would not be human However, feelings of sorrow negatively affect them, keeping them closer to the earthly realm than the heavenly Excessive melancholy prevents the departed soul from progressing toward greater peace and freedom

Most of the inhabitants of the earth today were not here a hundred years ago Others were

here before us And we, too, will not be here in a few years Our time will end, and future generations will not remember us Rather, people will feel then, as we feel now, that this world is their world, but it will be taken from them, and they from it, one by one Death must be a human necessity; otherwise, the Merciful God would not have allowed it to happen to anyone Therefore, we must strengthen our faith in God and not fear death

Those who fear death cannot recognize their true nature Shakespeare said: "Cowards die many times before their deaths; the valiant never taste of death but once"

The coward spends his days in a state of psychological anguish and slow death The brave man experiences only the final death, swiftly and painlessly If a person dies a natural death or is spiritually advanced, his spiritual consciousness awakens immediately upon the death of the body, and he finds himself on another plane of existence —a plane with all sensations but without the body

Perception is based in the mind In death, a person sheds their dense physical body, which is an image of the mind of a lower order and the cause of all the troubles of the soul

There are two kinds of people: those who constantly complain and lament the world's ills, and those who overcome life's difficulties with smiles, maintaining their positivity despite adverse circumstances There's no need to take things too seriously If everyone were more positive and

harmonious, the world would be a much better place than it is now

In the jungles of civilization, amidst the hardships and complexities of modern life, lies the true test Everything a person does will return to them, good for good, and evil for evil Those who hate others will be hated in return Those who fill themselves with negative thoughts and conflicting emotions destroy their own character and extinguish their own happiness If you feel angry, take a walk and count from one to fifteen, or shift your focus to something pleasant and joyful When others mistreat you, it is unwise to seek to treat them the same way When you are angry, your mind boils, your heart valves suffer, and your body becomes drained of vitality and exhausted Send forth waves of peace and goodness that best express the true nature of your soul, the divine image within you Then, no one will be able to shake you or disturb your tranquility

In short, everything begins in the mind Sin is a creation of the mind Young children walk around naked without any sense of sin Everything is pure to the one with a pure and clear mind, but

For the lecherous libertine, everything seems bad and evil

(If a person's actions are bad, his suspicions will be bad, and he will believe what he is accustomed to imagining)

An undisciplined mind creates chaos in our lives Those whose minds are enslaved by their

senses are the instigators of strife and war, and the pillars of injustice and darkness

God placed our souls in these bodies endowed with senses so that we may live in this world and learn from our own experiences and those of others, without letting our happiness be dictated by the ever-changing events and circumstances around us God wants us to control our desires rather than allow them to control us, and to possess mental balance not only when everything is bright and cheerful, but also in the midst of difficulties and hardships Self-knowledge grants us this mastery

The dance of life and death never stops, but man has the psychological ability to rise above all sensory experiences and not be affected by the contradictions of life

Human beings can overcome the limitations of life if they view things and events with a balanced perspective In doing so, they reveal their indomitable spiritual nature

Those who have reached this stage of discipline live like kings among mankind and unite with the infinite absolute that is not subject to change or alteration

The spiritual teachings of yoga address the details of life with meticulous precision, instructing how one should act in all circumstances Human beings are created in the image of God, but they have lost touch with that blessed image and must rediscover it within themselves

Pure gold buried beneath mounds of earth remains pure gold, retaining all its properties despite its concealment To uncover it, one must dig deep into the soil and search until it is found Similarly, many layers of clay-like habits and earthy sensations cover the noble, golden soul This "clay" is the root of human psychological problems such as nervousness, fear, hatred, envy, inferiority complexes, and misguided perceptions, and the foundation of all other reprehensible qualities To rid oneself of this degrading clay, one must cultivate a strong and resilient state of mind in relation to the body and the senses Attachment to the body gives rise to various fears I have imagined in my mind all forms of pain and conquered them all

To realize that one is created in God's pure image, one must rise above fear and anger and overcome excessive sensitivity Some people are difficult to please because they are shackled and burdened by superficial habits and trivial details of life But a person of strong intellect can say, "Today I can sleep on a soft bed and tomorrow on the floor; it's all the same to me" And so on This psychological neutrality trains the mind, making it obedient to your commands and capable of carrying out your requests

The mind, my friends, is very deceptive But through refinement, it learns manners and good behavior When you say, "I can't do without that kind of food," the mind replies, "Doing without that kind of food is impossible!"

But your spirit transcends reason If you were to say, "I will not allow any human being or anything to enslave me," reason would respond, provided the statement is firm and the suggestion strong You are the master of both mind and body; do not be their slave, nor dance to their tune

Liberation from the shackles of emotion is the only path to peace and happiness Whatever the circumstances, strive to rise above all painful sensitivities and make yourself happy, because you can!

Eastern wisdom texts say:

"The state of complete inner peace that is achieved through yoga meditation"

Through which the soul rejoices in seeing the Supreme Self shining like the sun at high noon

Where the insight of the soul perceives and tastes the greatest joy

The yogi rejoices in knowing the hidden secret

Whoever reaches that blessed state congratulates himself for finding the treasure of treasures

He remains safe from the treachery of time and the surprises of life secure in himself

That state, known as yoga, is a state of liberation from sadness and pain

Blessed are those who strive to reach it with a courageous heart and unwavering determination

And congratulations to whoever finds it and enjoys its bliss that surpasses all imagination

It defies description

Peace be upon you

Anger control

Some might think this topic is only for those who are easily angered or irritated But this emotion is much deeper than it appears on the surface A person may succeed in controlling the outward appearance or violent expression of anger, yet still harbor a hidden rage and suppressed resentment This anger manifests in many ways: quick temper, irritability, short-temper, impatience, restlessness, discontent, envy, moodiness, and unhappiness

In fact, everyone suffers, to some extent, from the problem of anger, unless they have reached an advanced stage of awareness a stage of spiritual ecstasy or a state of tranquility

Anger – in whatever form it takes – stems from the inability to fulfill a desire In the absence of inner joy that arises from the soul's connection with its divine source, man tries to fulfill his desires through sensual pleasures that are inherently unpleasant given their impermanence and often unhealthy consequences

Those desires often generate frustration and then anger, which leads to the destruction of spiritual consciousness

The most effective way to overcome anger is to address its root cause: desires The more desires there are, the more frustrations there will be It's impossible to fulfill every desire because cravings

are insatiable and limitless The more we strive to fulfill a desire, the more attached we become to it, and the stronger our attachment, the greater our pain at being denied access to what would satisfy our desires and fulfill our cravings

For example, nature has endowed us with the sense of hunger so that we know when the body needs food But attachment amplifies that sensation and turns it into psychological pain If someone who loves food is forced to abstain from eating for three days—whether for health or spiritual reasons—such fasting is likely to be accompanied by some degree of anger

On the other hand, some people can abstain from food for days on end without being bothered by the absence of food, because they have practiced and succeeded in not being attached to the desires of the body

Once we understand that desires are the root cause of anger, we want to know effective ways to deal constructively with those desires There are several approaches to this end:

First: Fulfilling desires

For simple, harmless desires, the logical course of action is to fulfill them However, the problem arises when new desires emerge as a result of fulfilling those desires

Peace be upon you

Careful planning for a better tomorrow

If you wander aimlessly through life waiting for opportunities to succeed, those opportunities will most likely not come knocking, and you will not find success But if you are the one who designs your own future and draws the map of your tomorrow with your own hands, then rejoice in achieving your goal, for you are very close to reaching your desired objective

To design a successful map, you must first and foremost define your goal What does success mean to you? What do you want from success? If your answer is fame, wealth, or the fulfillment of selfish material desires, then you are headed for terrible frustration and utter failure

The most unsuccessful people are those whose names are on everyone's lips those who have the ability to buy whatever they like and possess – according to material standards – everything their souls desire, but yet they do not possess happiness! So why continue down the same dead-end road?

Fame and good fortune may be the fruits of actual success, but they are not the essence of success, nor are they the most important qualities In fact, they are not necessary at all for achieving success

So what is the purpose? What should one seek from life? There is one goal worth pursuing and striving for: happiness This necessitates extracting the hidden treasures of life from every moment, for those who are skilled at searching and know where those treasures lie

And know, O seeker of happiness, that if you limit your attention to your day

And if you enrich your day with your kind words, beneficial actions, and good thoughts

Your day will be your loyal friend and your golden opportunity

Your passport and visa will be your entry into a promising and bright future filled with success

Therefore, the next step in mapping out your future is to carefully observe the contents of each day of your life and retain what is beneficial and positive If you fall short in doing this, then you must pause and take stock

To achieve success, the following vital elements must be considered, without which success cannot be achieved:

When you wake up in the morning, don't jump out of bed immediately and start the day's activities

Tense and relax your entire body several times to gradually regain your energy Before starting your daily routine, take some time to affirm to

yourself that this will be the best day of your life Convince yourself that no matter what happens, your day will be this way Beginning with prayer and meditation will strengthen your conviction and give you the strength you need

Simplify your life Don't rely on human inventions to enjoy it If you restrict yourself to fleeting pleasures, you'll become irritable, confused, and moody There's no need for constant attachment to television, late-night gatherings, and banquets, which have become entrenched social customs

Someone once said—and how true his words are—that it's not our work that kills us, but how we spend our free time! You will live longer—God willing—and enjoy life more if you simplify your life and don't shackle yourself with the chains of society Seek the joys found in the little things

Do your best to complete the task at hand to the best of your ability

If you're dissatisfied with your current job, anxiety and haphazard performance won't change anything Try to approach the situation with a positive attitude, whatever it may be, and one of two things will happen: either you'll discover you've missed a valuable opportunity, or a new door will suddenly open wide, allowing you to enter and find a job that better suits your needs and fulfills your aspirations

Life is a continuous process of giving and receiving

Be balanced so that you do not take more than you give, nor restrict yourself to giving without taking

Broaden your perspective

Show interest in the lives and activities of others Look beyond yourself—to your family, and beyond your family to your friends, and beyond your friends to all people Science confirms that you are part of a whole, so don't forget your larger self

Balance your life

Each day should include work, rest, leisure, study, and reflection You are a being with a body, mind, and spirit Nurture these vital elements in a balanced and harmonious way to achieve health, vitality, and knowledge

Be quick to smile

Slow to frown

Driven by a desire to help

Ready to wait and change, and alert to opportunities

Check the account at the end of the day

Congratulate yourself on the progress you've made You won't change overnight, so don't be

afraid to confront mistakes with better determination and a clearer vision

Before going to sleep, entrust your affairs to God, knowing that He will not leave you alone, but will provide you with opportunities and open doors for you as long as you make an effort and seek His help and guidance

When you are overcome by drowsiness and before you fall asleep, assure yourself that tomorrow will be better than today, with God’s help

If you are a meticulous planner and a skilled builder

If you adhere to the details of your map

It's impossible to fail!

When you try to test your spiritual beliefs, a new world opens up Self-examination is essential for knowing yourself and God You may feel deeply religious, and your mind may be content with that But unless your very being is convinced that your prayers are receiving a direct response, no amount of religious formality can deliver you While receiving God's answer may be difficult, it is possible To ensure your actual access to heaven, you must experience the power of your prayers so that you can truly activate them

As a boy, I resolved that my prayers would be answered whenever I turned to God in supplication That unwavering determination is the path Every

trial will come to weaken your resolve and paralyze your will, but God's power to answer is limitless Perseverance and consistent use of willpower will bring about God's response

It is essential to learn the correct way to focus the mind It is also important to have sufficient time for solitude and private reflection Constant interaction with others hinders spiritual growth Most people are like sponges; they absorb everything from you, and you rarely receive anything in return Of course, it is beneficial to be with others who are spiritually sincere and strong If each person is aware of the strength, sincerity, and will of the other, noble spiritual qualities can be shared among them

Time should not be wasted on trivial matters Many people occupy themselves with pointless pursuits, and if you ask one of them what they were doing, they'll reply, "I was busy all the time!" But they can barely remember anything about that "work"! Furthermore, excessive leisure and entertainment weaken the psychological well-being If you watch movies every day, they will lose their appeal and you will become bored Movies are the same, just with different characters: lovers, adventurers, heroes, villains, and so on We may enjoy watching a film's story, but life is rarely like that

Life is incredibly deceptive, and we must approach it as such If we don't overcome its deceptions and illusions first, we won't be able to

help anyone else In the solitude of a focused mind lies the factory of all great achievements Remember this And in this wondrous factory, continually weave the patterns of your will to overcome every adverse obstacle

Train and strengthen your willpower constantly You have many opportunities to work in this factory day and night as long as you don't waste your time or energy

At night, I withdraw from worldly demands to be alone with myself, far removed from the world, in solitude with my will in my spiritual retreat, where I guide my thoughts in the direction I desire and make decisions within myself When I urge my will to engage in sound and beneficial activities, it creates success for me In this way, I have used my will effectively many times But this is not achieved unless the use of the will is continuous

What a wonderful feeling it will be to be able to say and affirm, "My will, imbued with the universal will, will bring about what I desire!" If you become complacent and entrust everything to the divine will without using your own will, bestowed upon you by God, you will not achieve the desired outcome Divine power desires to help you of its own accord There is no need for supplication or begging; rather, you must use your will to ask and demand—as a rightful heir—and act accordingly You must banish from your mind the notion that God, in His might and transcendent power, is distant and hidden in the heavens, and that you

are alone amidst the worries and hardships of this earth Remember that the divine will lies beyond your human will, but that immense power, like a boundless ocean, will not reach you unless your mind is open and your heart receptive

Peace be upon you

Overcoming obsessive thoughts

The devil, or cosmic deception, constantly ensnares us in his traps, exploiting our ignorance and naiveté, thus hindering God's purposes God, with His absolute cosmic power, could easily vanquish the devil, but He prefers that humanity use its intellect, will, and conscience to escape the clutches of evil The more we choose spiritual happiness over fleeting sensual pleasures, the more the opposing force is stripped of its dark power Therefore, it is up to us to cooperate with God to overcome Satan and his snares

When a person is lazy, negligent, or procrastinating, they help Satan to draw them closer Jesus asked his disciples to pray, "And lead us not into temptation, but deliver us from evil" And in the Holy Quran, we read, "Say, 'I seek refuge in the Lord of mankindfrom the evil of the whisperer who withdraws'" This whisperer is not of our own making; rather, he belongs to the material world, and all people are subject to him But in order for God to enable us to liberate ourselves, He has given us reason, conscience, and willpower

Our preference for sinful activities means throwing ourselves into distress, turmoil, and unenviable troubles When we fall or slip because of our wrong thoughts, we should pray: "O Lord, do not leave us here, but lift us up by the power of wisdom and will And after freeing us from the grip of evil, if you wish to test us, first reveal yourself to us so that we may realize that you are more alluring than any temptation and more pleasing to the soul and senses than any enticement or obsession"

As long as a person feels unwilling to deny themselves certain pleasures that are detrimental to their well-being, they are under the influence of Satan and will sooner or later suffer the dire consequences of succumbing to harmful sensual temptations However, if they are convinced that the temptation or seduction is dangerous and destructive because it promises great happiness but ultimately offers only regret, remorse, and a tormented conscience, then they can overcome Satan

There is no doubt that temptation has its allure Our senses are entirely directed towards the external world A current of vital energy flows from the brain through the nerves to the eyes, ears, nose, tongue, and skin The sensations we experience through these organs are a result of this ejective current, and that is why we enjoy the sensation This is how the senses function However, excessive indulgence in them has its pitfalls and

dangers Unless a person is firmly grounded in understanding and knowledge, this ejective energy (flowing towards the sense organs) makes them a slave to the senses

The five senses are like a five-beam spotlight Through this light, we perceive and experience the material world We become accustomed to enjoying things pleasing to the eye, ear, smell, taste, and touch The desire to experience something usually becomes an ingrained habit The problem is that most people have never experienced the divine spirit hidden behind matter, and thus they lack a standard for comparing the pleasurable and exciting sensory perceptions with the indescribable bliss of the hidden spirit There is no way to make such a comparison unless one mentally transcends sensory stimuli to the point where they cannot entice or influence them The only way to avoid this trap is to realize, either intellectually or through personal experience, that higher joys and pleasures do indeed exist

Orders and recommendations to refrain from harmful wrongdoing are usually futile, since as soon as you ask someone not to do something, they immediately want to do it

The forbidden fruit is delicious and sweet at first, but its taste is bitter as gall in the end Yet, despite all the pain people experience, they neither learn nor repent, but continue to do the same things, no matter how great the physical and moral harm

When the preference for sensory experiences becomes firmly established, the habit takes over the brain and turns into a tyrannical despot, ordering its owner to unleash passions and satisfy desires that are never satisfied or quenched, even though this contradicts the person’s best interests and conflicts with his principles

One may not want to repeat an action, yet find oneself compelled to do it Try not to allow yourself to reach a point where you become overwhelmed—a prey to harmful, destructive habits and a victim of corrupt fantasies and evil obsessions You must be the master of yourself and your destiny Do not allow anyone or anything to control you When the desire to experience a particular sensation becomes a familiar habit, that practice should be stopped

I was very fond of a drink similar to lemonade Some of the students would provide me with that refreshing drink wherever I went, so I always had it within my reach But one day I found that my supply of that drink had run out and I missed it, but I said: "Oh, refreshing drink, you have overstepped your bounds, sir, and it is time for us to part ways, farewell!"

The next day I deliberately tried a dose of that drink, and found it tasted awful The reason for this was that my thoughts the previous day had been so strong that the desire for it vanished immediately

I lose nothing that is taken from me, nor do I willingly relinquish anything No physical comfort can bind me We must be able to navigate all of life's experiences without attachment or dependence Truly, the self-controlled individual moves through the material world with disciplined senses, free from all forms of passion, and attains inner peace

It is fine to possess the means and comforts, but the more a person feels the need to acquire unnecessary luxuries, the more they imprison themselves in a state of servitude When their will and discernment become captive to the shackles of sensual attachments, they lose their spiritual awareness and become incapable of connecting with higher levels of consciousness Prophets and righteous saints lived simple lives, yet they were happy and content with their way of life They lived happily and remain so with God in heaven As for those who live under the yoke of ignorance, subject to the pressures of desires, they will remain in that state life after life until they resist earthly temptations and distractions

(So that nothing can harm our true happiness The destructive emotions of anger, gluttony, greed, avarice, envy, excessive sexual arousal, alcohol, and drugs are all harmful to human health and mind because they prevent one from experiencing spiritual joy The senses must not be misused through excessive indulgence if you wish to be happy Unhealthy sensory experiences)

Protect yourself in the stronghold of wisdom, for it is the greatest refuge True understanding will make you impregnable, so that nothing can harm you But unless one attains wisdom, one's first duty is to stop the action or the compelling urge when obsessive thoughts arise Only then can one think about the matter wisely and thoughtfully If one tries to think first, one will be forced and one's will will be subjugated against one's will to do what one does not want to do, because obsessive thoughts will seize control of the mind and blind one's insight

In such situations, one must say, "I will not do it death rather than dishonor," and leave the situation or place without hesitation This is the surest and most effective way to escape the snares of the vile Satan The more one cultivates this strength of non-response during the onslaught of satanic temptations, the greater one's happiness will be, for true joy lies in the ability to do what conscience commands us to do and forbids us from approaching or committing

Do not allow your environment or sensual desires to break your will or control you, my friend Know that virtue and spiritual life are infinitely more sublime than indulgence in lust The chains of temptation bind people hand and foot; do not let them bind you If you were to pray to God to let you taste His love, even just once, and you were to experience that supreme divine love, you would

desire nothing else afterward, and base desires would not seize your mind and heart

When you are convinced that God is the greatest attraction in the universe and that He is the greatest treasure, nothing else will be able to tempt you or overcome your discerning power

Getting to know God is the highest aspiration and the dearest request, because it is eternal happiness that has no end! We must want God because He is the healing balm and the effective medicine for all our pains and ailments, and He is the actual response to all our needs

Everything our hearts yearn for, burn for, and weep for—love, prestige, wisdom, wealth, and everything else—we find through perfect spiritual harmony with the sea of bliss and riches

Death will be the end of a person's awareness of status and fame, even if they are the most renowned and influential person in this world, and they will no longer know that people worship them But prophets and great figures, even after leaving this world, are intimately aware of the love their followers have for them because their consciousness is united with the consciousness of God, the All-Knowing, who dwells in every atom of existence, both visible and invisible

So why toil and strive to obtain something that you will lose as soon as you leave this world?

Money, fame, prestige, status, gratification of desires, and material comfort all are temporary and limited things that do not replace the true joy of sacred harmony with the spirit and light of God

Temptation is powerful only because humans lack the ability to compare it to what is better

When the winds of temptation blow, your understanding becomes temporarily captive to desires and habits But the highest path to freedom is to be immersed in the inexhaustible and unending joy of God, and thus you will easily escape the invisible magnetic grip of temptation with its dire consequences, realizing that spiritual delights are more sublime than worldly pleasures and more in keeping with the nature of the soul

If you find true joy in this life, you will possess it now and in the hereafter as well The choice is yours, seeker: the eternal bliss of God, which you can attain now by denying yourself some worldly pleasures, or fleeting worldly happiness? When your mind opens to higher truths and your heart is opened to the radiance of light, you will know the difference between the two and choose what is best

Every effort you make to reach the heights and ascend to spiritual peaks will be noticed by God, and He will reward you with the best reward

Do not think, my friend, that you are a sinner You are the pure image of God Even if you are the

greatest of sinners, it does not matter, provided you repent by changing your wrong path and never returning to it again If you have resolved to walk the paths of virtue, then you are not among the sinners

Even a sinner who abandons his crooked ways to worship God alone with true devotion can be counted among the righteous Through his spiritual resolve, he will become virtuous, grow in wisdom and knowledge, attain unending holy peace, and enjoy God's protection, security, and safety

Turn over a new leaf and remind yourself that you have always been good and that you only dreamt you were wrong God's heart is vast, and His door is always open to the faithful who desire to change their lives for the better Evil is a terrible nightmare or a frightening dream that has no connection to the pure nature of the soul

Temptation is like sweet poison or poisoned honey delicious to taste, but it flows in the blood and destroys the body's organs, so staying away from it is better

The happiness people seek and search for in this world is illusory and fleeting Divine joy is eternal and everlasting Yearn for what endures and be resolute in rejecting the fleeting pleasures and pleasures of this world, which have no permanence You must possess this perspective Do not allow the world to lead you astray or drive you with its stick, and never forget that God is the only truth True

happiness can only be found in sensing the divine presence and experiencing His surpassing joy

Man is immersed in the dreams of ignorance, imagining that he suffers the woes of disease, sorrow, and poverty When one of the great men of God was praying once, he suddenly cried out: “I thought that I alone inhabited this physical structure, but now I see the eternal Being manifested in it This small ego, which is nothing more than a bundle of flesh and bone, is not me The infinite Absolute is what inhabits my body It is my total self, and to it I give my highest allegiance”

That knowledge will one day come to every sincere seeker, and they will no longer think of themselves as mortal beings, men or women Rather, they will know that they are souls fashioned in the image of divinity The kingdom of God resides within humanity, and the supreme spirit dwells within their being

The soul is bound to the body by a chain of desires, temptations, troubles, worries, and fears, and it strives to liberate itself If it continues to pull on that chain that binds it to bodily consciousness, the divine hand will one day intervene and sever that chain, and the soul will become free

Those who desire spiritual peace must protect themselves from temptation and sorrow through understanding and deep contemplation of God Those who are heedless of God, who do not

recognize Him as the Creator of the universe and all that is in it, neither experience His presence nor see His light

Meditation is reminding oneself repeatedly that we are not the limited physical body, but the absolute, free divine spirit Meditation is the conscious remembrance of one's true self and the forgetting of one's false identity If a drunken prince were to go to a lowly neighborhood and, due to a temporary loss of memory and his true identity, begin to wail and lament his condition, saying, "Oh, how poor I am and how much I need help!" his companions would laugh at him and say, "Sober up and remember that you are a prince, Your Highness!"

Similarly, man is in a state of delusion and delusion He believes himself to be a helpless mortal, struggling and toiling, tossed about by waves of worries in every direction It is time for him to awaken and affirm to himself with absolute certainty that he is a spirit, not subject to the changes and influences of this world, however fierce and terrifying they may seem He must realize that he is a living spark of the blessed divine spirit, and that his essence is pure and overflowing happiness If he repeats these thoughts again and again, night and day, he will finally understand his true nature: an immortal spirit

Seduction, greed, attachment to people and possessions, enslavement to the senses, ignorance of spiritual nature, idleness, and a monotonous,

mechanical life are all among the fiercest enemies of happiness

Do your duties with a mind firmly rooted in the sacred consciousness that is blossoming and growing in the fields of contemplation, and then you will be truly happy, not in illusion, and enjoying a dignified life

When I began meditating, it never occurred to me that I would experience such great joy But as the days passed, my peace grew and my happiness increased as I delved deeper into the seas of meditation

If a person is weary of the life they lead, yet continues to fill it with more possessions and a desire for new sensory experiences, they are on a misguided and crooked path and must change course The surest way to escape the influence of obsessive thoughts is to live a simple, natural life—free from constraints and complications—in harmony with God

Why do humans live unnatural lives?

Why does he search so desperately and heartbroken for a happiness that the world is already incapable of providing?

Life, my friends, is extremely precious

Every day I pray to God: “If you want to take away all that I own, then let it be your will, and I will not object to your judgment and wisdom

because I know that you want what is best for me I will try to please others, but your pleasure, O Lord, comes first, and it is my ultimate goal in this life”

When you pray like this, you may suffer many trials and desires, but if you continue to resist the vile passions and wrong desires, God will draw near to you and bestow His blessings upon you You will find that His presence is like a raging torrent that sweeps away all the negativity from your life and purifies your soul completely

He who restrains himself from base desires finds that sensual cravings diminish for a short time, leaving behind only longing and yearning But he who sees the light of God and experiences His presence is freed from every desire contrary to the nature of the soul

Let us dispel the darkness with the light of God

Let's defeat bad ideas with good ones

Let us overcome the temptation to find the supreme divine attraction through meditation

This is the best and most effective weapon against obsessive-compulsive disorder

Whenever you feel that your will is falling prey to evil domination and unclean influence, hope in God and seek His help until you feel His blessed presence that drives away all bad thoughts and fills the soul with joy, wisdom, peace and certainty

Peace be upon you

Overcoming the influence of the planets

My teacher told me one day:

"Why, Mukunda (Paramhansa), don't you get a planetary armband?"

I said, "Is this necessary for me, teacher? I don't believe in astrology"

He replied: "The issue is not one of faith Rather, the correct scientific position that a person should take is whether that subject is true The law of gravity worked just as effectively before Newton as it did after him If the working of the laws of the universe depended on human approval, chaos and disorder would prevail"

"The charlatans have brought the ancient science of astrology to its current disgraceful state Astrology is a vast and rich science, both mathematically and philosophically, that can only be properly understood by those deeply versed in knowledge and firmly grounded in science If the ignorant err in reading and interpreting the sky and see (scribbles) instead of understandable words, this is to be expected in this imperfect and flawed world, and one should not waste wisdom on those who consider themselves 'wise'"

My teacher continued, saying: “All parts of the universe are closely interconnected and interact with each other The regular and balanced rhythm of the universe is based on exchange or give and

take Man, in his human form, must resist two sets of forces: the first is the internal turmoil resulting from the mixing of the elements of earth, water, fire, air, and ether, and the second is the external forces of natural decay As long as man remains in conflict with his mortal existence, he is affected by the thousands of transformations that take place on earth and in the heavens”

Astrology is the study of human response to planetary influences The stars do not possess conscious benevolence or malevolence, but rather emit positive and negative radiations These radiations in themselves neither benefit nor harm humanity, but they provide a legitimate means for the external process of balancing the causes and effects that humans have created in the past

"A child is born on a specific day and hour when the celestial rays are in mathematical agreement with his karma or his personal past His zodiac chart is an accurate picture that foretells his unchanging past and possible future outcomes But this birth chart can only be read or interpreted by those with growing insight, and these are rare"

"The message that is clearly broadcast across the horizons at the time of birth is not meant to acknowledge fate – the result of past good or bad deeds – but rather to urge and awaken the human will to escape its cosmic bondage Everything that a person has bound can be untied, and he alone is responsible for creating those circumstances that now control his life, whatever their nature And

since he created those causes and circumstances, he has the ability to overcome all limitations thanks to his spiritual resources, which are not subject to planetary pressures"

"The superstitious fear of astrology makes a person an automaton who submissively and meekly depends on automatic guidance The wise person conquers the planets, that is, he escapes his past by transferring his allegiance from creation to the Creator The more he realizes his oneness with the divine spirit, the less he is enslaved to matter The human spirit is free forever, it does not die because it is not born, and its destiny cannot be tied to the planets and stars or subjected to their influence"

"Man is a soul with a body When he truly understands the essence of himself, he leaves behind all the coercive and oppressive models and patterns But if he remains confused and lacks his spiritual memory, he will be subject to the hidden constraints of the law of the environment and nature"

"God is harmony and accord, and the worshipper who is in accord with Him will not act wrongly, but all his activities will be in accordance with the laws of the heavens in a correct and natural way, and after deep prayer and meditation he will feel his connection with the divine spirit There is no greater power than that inner protection"

I tried to understand the explanations of the venerable Seri Yuktsuar, and after a long silence I said: "Then why do you want me, my dear sir, to wear this bracelet?"

The teacher replied: "Only when the traveler reaches his destination is he justified in abandoning the directions and maps But during the journey, he tries to take advantage of every suitable shortcut The ancient sages devised many ways and means to shorten the duration of man's alienation in the world of illusion and deception There are some automatic features in the law of karma that can be skillfully tuned by the fingers of wisdom"

"All human ills stem from violating the universal law The Holy Scriptures advise man to comply with the laws of nature, while maintaining complete trust in the omnipotence of God His duty is to say: 'Lord, I trust in You and I know that You can help me, yet I will also do all I can to undo the effects of my mistakes' Through various means—prayer, willpower, yoga meditation, consulting sages and saints, and using astrological bracelets—past harmful influences can be mitigated or neutralized altogether"

"Just as a house is equipped with a copper rod to absorb lightning strikes, so too can the human body benefit from various protective measures Transparent electrical and magnetic radiations are constantly moving throughout the universe and affect the human body, for better or worse Since

ancient times, our sages have pondered how to counteract the adverse effects of subtle cosmic influences They discovered that pure metals emit planetary rays that counteract the negative attraction of the planets It has also been shown that some plant compounds are beneficial The most effective elements are pure, flawless gemstones, weighing no less than two carats The practical protective uses of astrology have rarely received attention from researchers outside India One simple, certain fact is that suitable gemstones, metals, or plant preparations are worthless unless they are of the correct weight, provided that these healing agents are applied in close contact with the skin"

I said, "Sir, I will certainly take your advice and get a bracelet, but the mere thought of overcoming celestial bodies amazes me!"

Sri Yuktiswar then added precise instructions, saying:

"For general purposes I would recommend a bracelet made of gold, silver and copper, but in your specific case I would like you to get a bracelet made of silver and lead"

I said, "Sir, what exactly are you aiming for?"

The teacher replied: "The planets are preparing to take an unfriendly stance towards you, Mukanda But do not be afraid, for divine providence will protect you Within a month from

now, you will suffer from major liver disorders This illness is supposed to last for six months, but by using the planetary bracelet, you will reduce this period of time to only twenty-four days"

The next day I sought out a jeweler and quickly obtained the bracelet, which I put on My health was so good that I forgot the prophecy of my teacher, who had left Serampur and gone on a visit to Varanasi Thirty days after our conversation, I felt a sudden pain in my liver The following weeks were a nightmare of excruciating pain Unwilling to trouble my teacher, I thought I could endure my ordeal alone, with patience and courage But after twenty-three days of torment, my resolve weakened, and I traveled by train to Varanasi, where Sri Yuktiswar welcomed me with extraordinary warmth However, he did not give me a chance to tell him privately about my deteriorating condition Many devotees had visited him that day to receive his blessing Being ill, I withdrew to a corner The guests did not leave until after dinner, when my teacher summoned me to the octagonal veranda of his house He addressed me, gazing into the distance and pacing back and forth, sometimes blocking the moonlight:

"I think you came about your liver disorder You've been in pain for twenty-four days, haven't you?"

I replied: "Yes, sir"

He said, "Please do the abdominal exercise I taught you"

I replied, "If you knew, sir, the extent of my suffering, you wouldn't have asked me to exercise" Nevertheless, I made a small attempt in obedience to his command The teacher looked at me questioningly

"You say that you feel pain, and I say that there is no pain How can this contradiction exist?"

I felt dizzy, then a feeling of bliss washed over me, and I no longer felt the constant torment that had deprived me of the blessing of sleep for so many long weeks At the mere mention of the words "Sri Yuktsur," the pain vanished completely, as if it had never existed

I began to bow at his feet in gratitude, but he stopped me and said:

"Forget about that Get up and enjoy the beauty of the moon over the Ganges" The teacher's eyes shone with joy as I stood silently beside him I understood from his demeanor that he wanted me to feel that it was God who had healed me, not him

And to this day, I still wear the same heavy silver-lead bracelet as a memento of that day, a cherished memory of when I realized I was truly living with a truly extraordinary and exceptional individual Later, I would bring my friends to Sri Yuktiswar for healing, and he would always

recommend the use of jewels or bracelets, praising their use as a practice of planetary wisdom

From childhood, I felt aversion towards astrology for two reasons: firstly, seeing many who were obsessed with astrology with resignation and subservience, and secondly, a prophecy made by the family astrologer: "You will marry three times and be widowed twice" I would dwell on this for a long time and feel like the sacrificial lamb on the altar of triple marriage One day, my older brother Ananta said to me:

"It is in your best interest to accept your fate, as your horoscope chart has already shown that in your early years you will run away from home to the Himalayas and be forced to return Similarly, the prophecy concerning your marriages is bound to come true"

One night, sensing the prophecy's utter falsehood, she set fire to the tower's map and placed its ashes in an envelope on which she wrote: "The seeds of past karma cannot sprout if burned by the fires of sacred wisdom" She then placed the envelope in a prominent location Ananta read this blatant challenge and laughed mockingly, saying:

"You cannot destroy the truth as easily as you burned this piece of paper"

Indeed, on three occasions before I reached manhood, my family tried to arrange my

engagement, and I refused each time, knowing that my love for God was stronger than any worldly considerations left over from the past I always reflected on the wise words of my teacher:

"The more a person delves into knowing himself, the greater his influence on the entire universe through his transparent spiritual vibrations, and at the same time the less he is affected by external events"

Sometimes I would ask astrologers to predict my worst times according to planetary alignments, yet I was still able to accomplish whatever I set my mind to during those times It's true that my success on those occasions was fraught with extraordinary difficulties, but my confidence was well-founded Faith in divine providence and the proper use of willpower—God's gift to humankind—are a formidable force, far greater than the ethereal waves emanating from the planets and stars

I realized that what the stars record at birth doesn't mean a person is a puppet of their past Rather, planetary influences are catalysts for growth The celestial bodies work to awaken a person's will to break free from all constraints God created every human being with a unique and endowed soul, and therefore each individual has an essential role in the overall creation, whether that role is one of support or dependence Human salvation depends not on external victories but on inner spiritual triumphs

Source: Yogi's Memoirs - An Autobiography (Indian Philosophy in the Life of a Yogi) by Paramhansa Yogananda

spiritual progress

From the teachings of Master Paramhansa Yogananda

When we look at the world today, with all its problems, complexities, confusion, turmoil, ignorance, and conflict, it's hard to believe that humanity has entered a new stage of development and progress Yet, humankind has left behind the harsh, materialistic ages and taken rapid, sweeping strides toward the threshold of this new phase of its upward evolution

As we get ever closer to this atomic age, many of the forces of nature that were unknown in the Dark Ages are now being discovered and harnessed, helping to accelerate the pace of global communication and progress in medicine, agriculture, transportation, and other fields

Indeed, modern technological means have radically changed the fabric of daily life as we have known and know it

But the dark ages that humanity has endured still exert a strong and pervasive influence on people This is why humans use advanced scientific methods not only for good but also to feed and reinforce base, materialistic instincts such as selfishness, destruction, and greed Thus, the

impact of the dark ages will persist for many years to come

This rising age has provided many comforts thanks to advanced technological methods and tools, and has also given people a degree of free time that was previously unavailable In the Dark Ages, people spent every waking moment and all their energy on securing their basic needs and staying alive Only a very small segment of the population had enough time to devote to higher pursuits

Now – at least in industrialized countries – everyone belongs to that category But what do people do in their free time and leisure?

Because they are ignorant of the purpose of life, they waste their time and energy on endless entertainment The average person in the West spends nearly fifty hours a week watching television Imagine how much happier people would be and how much better the world would be if those long hours were spent on fruitful spiritual activities!

Those who meditate use their time wisely and effectively Unfortunately, most people have strayed from God and His laws

This is why the world is in its current deplorable state We wish we lived in a world of security, prosperity, and peace But even living in a turbulent world has its lessons for those who

reflect Difficult and bitter circumstances serve as a reminder that this world is not our permanent home True security and safety are not found in the external world, and for this reason, we must seek God and ask for His protection

In times of peace and prosperity, where there is no unemployment or environmental problems, people live in a "quiet, resigned frustration," as the philosopher Thoreau put it Why? Because despite this prosperity, people feel a spiritual hunger and an innate longing for something else missing in their lives

That thing is God

We must remember that, regardless of external circumstances, spiritual progress depends on individual effort Even in the darkest ages and under the worst conditions, some men and women still managed to attain divine knowledge Therefore, we must not be spiritually swayed by the conditions of the world We must never lose sight of the paramount importance of spiritual striving

Because we are living in these difficult circumstances, we also think about the future and the unpleasant surprises it may hold This is natural But if we dwell too much on these things, and if we allow speculation and fear to take over our thoughts, we push God out of our lives and miss a precious opportunity to connect with Him and enjoy His protection

People want to know exactly what will happen in the future Why? To increase their anxiety?

If we truly understood the immense burden we place on our minds when we succumb to fears and anxieties, we would marvel at our resilience thus far Worries and anxieties weaken the mind, allowing fear to seep into the soul, and as a result, we lose our psychological and spiritual equilibrium Our problem lies in our attempt to live in the future and the past simultaneously, instead of living in the present These burdens are too heavy for the mind to bear

We must analyze our thoughts Most of the time, we escape either to the future or to the past This is a complete waste We must live in the present and fill the present with thoughts of God

No place on earth is truly safe or secure from events and dangers True protection lies in living honestly and uprightly, dealing with others truthfully and sincerely, and in prayer, meditation, and harmony with God

For this reason, we must do our utmost to be in harmony with God This very harmony is the cure for every ailment and the healing from life's blows and the bruises of time

We must not be frightened by life's terrible events and nightmares We must not be terrified by illness, poverty, or accidents When we find ourselves in the midst of trials and tribulations, let

us recognize the illusory nature of these experiences and understand that we can overcome adverse circumstances through positive thinking, sound judgment, and spiritual harmony with God, the source of all help and protection

There is no protection or security outside of God We must turn to Him completely if we desire security and peace of mind

It is difficult to achieve complete contentment in this world, which is not our true home Our existence on this earth is temporary We are here in a school to learn life's lessons When we forget this truth, our troubles begin, and problems surround us from every side

Nothing is worth living for except God Everything else will pass away and leave us alone We must seek the eternal and lasting Human love is fleeting and gradually fades Behind human love lies divine love, and that is the greatest love, satisfying the heart's longings and quenching the soul's thirst Let us enjoy all that God bestows upon us without yearning for anything else We came to this earth to learn how to come to know God There is no other purpose to our existence here

Sincere seekers will find God, and their lives will be filled with peace, tranquility, grace, and joy The desire to know Him must be strong and persistent, and the results will be guaranteed (he who knocks will hear) Those who know God experience continuous joy and happiness

The search for God is not incompatible with human friendships, marriage, or the pursuit of material success These things are also integral parts of life's lessons What matters is distinguishing between reality and illusion, and recognizing that material goals and achievements cannot grant us the happiness we yearn for and strive to attain through all our thoughts and actions

This philosophy does not make life bleak or negative

Peace be upon you

Truth and reality in depth

Truth is a word shrouded in ambiguity and obscured by much vagueness It is a concept difficult to explain and clarify Everyone has convictions and beliefs, swearing by their faith that they are the absolute truth But how can one definitively determine what is true and real amidst this vast array of ideas?

Truth is both relative and absolute It passes through many relative stages of development and refinement before reaching its absolute state For example, two people are discussing a business project One proposes an idea that guarantees success, while the other offers a counter-argument that achieves the same goal but with additional benefits Then someone else comes up with a

better idea, and so on All the proposed approaches were undeniably "correct," but only in a relative sense

Truth is what brings lasting happiness

In its absolute sense, everything that contradicts true happiness is false, and what brings lasting happiness is true True happiness is not the fleeting excitement that accompanies material success or transient pleasure, but rather the joy that comes from the soul's harmony with its source: God By this standard, you can judge any action you undertake by its outcome and whether it will bring you lasting happiness or not (for indeed, actions are judged by their endings!)

Ultimate Truth is God, and God is ultimate Truth The entire universe is founded upon this truth through God's eternal laws These laws are fundamental, timeless truths, absolutely unalterable and beyond any human manipulation or distortion For example, the absolute right is to refrain from killing or harming, but the lesser of two evils is to use force to protect the innocent from the wicked or to protect more advanced beings from less advanced ones However, destroying anything simply out of a desire to kill is wrong

The universal law dictates harmony and closeness through love, which means affection and tolerance If we wish to find the truth, it is essential that our thoughts and actions be sound, materially,

morally, and spiritually, in accordance with the eternal laws of divine truth

Truth is the ultimate essence But where does that essence lie, and how can it be found?

There are three ways to arrive at the truth: through sensory perception, through logical reasoning, and through intuition or the insight of the soul

If your sensory perception is wrong, your logical deduction will also be wrong You might look towards the horizon and see what appears to be fire because you see smoke; but as you approach the spot, you find that what seemed to be smoke was nothing but a cloud of dust To know the truth of anything, you rely on your sight and hearing, as well as your senses of smell, taste, and touch, in addition to the power of reason But these elements combined cannot be the ultimate proof of truth, because if the senses lie, then reason will lie too Reason forms its impressions and arrives at its conclusions and convictions based on the reports it receives from the senses, but the senses are very limited by their nature This is why the prophets addressed people according to their level of understanding and intellect, because they—the people—see but do not perceive, hear but do not comprehend or understand (they are deaf, dumb, and blind, so they do not reason)!

The human ear can only perceive a specific range of vibrations; it cannot detect the loudest or

faintest sounds If your hearing were sufficiently heightened, you could hear the wondrous, magnificent sound produced by the universe as it surges through infinite space Everything in existence is in motion, and this motion is accompanied by sound Nothing exists without motion except in the realm of the transcendent cosmic spirit, where there is neither movement nor vibration If the faculties of the human spirit were sufficiently developed, one could hear subtle sounds with the ethereal ear—sounds that are transparent forces, endowing the body with a heightened sense of hearing

Similarly, if the power of your eyes were amplified, you would perceive lights of every color and kind Your physical eyes show you only a very limited range of light, while your spiritual (etheric) eye sees the true nature of things as images composed of the creative light of God Your entire body, which you see as a dense mass of flesh, is nothing but electromagnetic waves Dr Cryle demonstrated that the brain of a dead calf, and also the brain of a dead human, emits a tremendous amount of electrical radiation When you close your eyes, you usually see only darkness But with spiritual development, you will be able to see wondrous lights and the light shines in the darkness, and the darkness has not perceived it (the light of the heavens and the earth)

These are fundamental truths that humans do not perceive because their senses are only attuned to a limited range of intense vibrations

Intuition or revelation: the power of the all-encompassing spirit of knowledge

How then can we know the truth hidden behind the senses and their perceptions? This is impossible through analysis or rational explanation, because the mind is bound to the senses and can only extract what the senses provide It has no capacity to perceive the infinite forces around it Only by cultivating the intuition of the soul or certain intuition can the truth be known Insight is a direct perception, not through the senses—a pure, truthful, and always accurate feeling of the soul

You can get an idea of the nature of this intuition from those sensations you experience but cannot explain, sometimes referred to as "a person's heart is their guide" You sense that something is about to happen without any sensory evidence It's a truth that manifests itself without any logical connection to events You might be sitting quietly thinking about someone you haven't seen or contacted in a long time, and then suddenly you meet them or hear from them How did that happen? It happens through fleeting flashes of intuition Everyone has experienced such flashes

Errors in judgment stem from a lack of intuition Most people feel deep down that they are capable of great things and achieving great things in life, but because they lack intuitive power, that latent potential remains dormant To succeed and avoid the unhappiness caused by mistakes, one must strive to understand the underlying truth in everything This is only possible by cultivating intuitive insight That is the practical reality of the matter Therefore, I advise everyone to seek the truth in all things, whether in their relationships with others, at work, in their marriage—in short, in every aspect of life Intuition is essential; it is indispensable and cannot be dispensed with

A lack of intuition leads to poor decisions and reckless actions, particularly in choosing unreliable business partners or becoming entangled in misguided personal relationships Since reason is limited and constrained by the information provided by the senses, if the senses are deceived, one might perceive someone as exceptionally wonderful without knowing their true nature

Or you might think you've found your life partner (your soulmate) and marry that person, only for your relationship to end in divorce or a living hell of discord due to incompatibility and a lack of harmony But inner intuition doesn't make such mistakes It doesn't see the magnetism emanating from the eyes or the charming, radiant face; rather, it senses and perceives with pinpoint

accuracy what lies within that person's heart and knows them for who they truly are

Thanks to the intuition I developed with the help of my great teacher, Sri Yuktiswar, I have never been wrong about human nature My inner sense has always been a great help to me in this regard But I don't try to see the negative side of people In order to help others, I give them my unconditional love, even when I know they might exploit my trust for their own personal gain

Many who lack intuition invest money in failing financial ventures and, as a result, lose everything I have been successful in every decision I have made thanks to my unerring intuition

As one grows and develops, intuition emerges as a distinct feeling or a quiet voice Because women are more attuned to feeling than men, they generally possess greater intuition, except when overcome by emotion Men are generally guided by reason, while women are guided by feeling If a man possesses a sound mind and a sensitive nature, this balance between reason and feeling will undoubtedly help him develop intuition

Knowing the purpose of life through intuition

If you use your intuition, you will know the purpose of your existence on this earth, and when you understand that purpose, you will find happiness This earth is a stage, and God is the

director If everyone insists on playing the role of the king or queen, there can be no successful play The servant, the hero, and the king must all play their parts for the play to succeed It is the villains who spoil the good plot of the divine play Those who choose those roles will pay a heavy price for disobeying divine guidance

Regardless of the worldly position a person attains or the wealth they amass, they cannot be considered successful if they use unethical means to achieve their goals and gains True happiness is only possible when a person plays their role correctly, and not otherwise The one who plays the role of the millionaire and the one who plays the role of the small merchant are equal in the eyes of God, because on the Last Day, God will strip each of their possessions and titles What you store up in your soul is what will accompany you after you leave this world

The great and learned, prophets and sages, know the truth thanks to their intuitive powers They perceive things not only with their eyes and minds, but also through their clear and highly developed intuition, by which they know everything

It is not the role we play that matters in God's eyes, but how we play it Do not grieve or despair if your role is difficult Performing your role correctly will guarantee your success in God's eyes; otherwise, you will not be truly free

Meditation cultivates intuition

The only way to know the truth and live by its principles is to cultivate spiritual insight or intuition Then you will realize that life has meaning and that your inner voice will guide you and direct your steps, whatever your role in life

That voice has been drowned out and buried—long ago—by unhealthy thoughts The surest way to restore that genuine sense of certainty is through meditation upon waking in the morning and before going to sleep at night

Just as one keeps their professional and social appointments, so too should one keep their appointment with God We may think that our busy lives leave us no time for spiritual matters, but nothing prevents God from thinking of us and providing for our needs We must pray, meditate deeply, and await His response If we address Him with love and profound focus, He will answer our prayers Then we will feel His presence as joy and peace in our hearts When that joy and peace arrive, a living and effective connection with the Supreme Power is established We must strive to seize this opportunity, for no success can be achieved without effort

If you spend your life chasing one thrill after another, you'll never know true happiness Live simply and take life more easily Happiness lies in

giving yourself enough time for deep thought and contemplating the great things

Spend time alone every now and then and practice silence for a while; you'll see the difference for yourself If the radio or television is on all the time, or if constant stimulation and entertainment occupies your senses, it will damage your nerves and make you irritable

Don't dwell too much on fixing others Fix yourself first—may God fix you! The greatest arena for excellence and success is at home An angel in their own home is an angel everywhere A person's gentle voice and peaceful demeanor are needed more than anywhere else

A force that never fails

When we connect with God, intuitive understanding will inspire and guide us in everything we do We must consciously possess this blessed power It is within us; we need only reveal it I am not interested in those who are merely curious, but in those who are genuinely seeking the truth I am in constant communion with God and am only looking for those who sincerely desire to know Him

You will find that this power is at work in everything to improve your circumstances and make things easier for you When you connect with this power, your well-being will pulsate with cosmic

energy, and your mind will become more refined, focused, sharp, and penetrating You will realize that your soul is a vessel for God's living truth and inexhaustible wisdom

God is the source of health, prosperity, wisdom, and eternal joy When we connect with Him, our lives become whole and complete Life without Him is incomplete We must reflect on this supreme power that gives us life, strength, and wisdom We must pray that truth may flow into our minds, strength into our bodies, and unending joy into our souls

Behind the darkness of closed eyes lie the wondrous forces of the universe, all good souls and noble spirits, and the infinite expanse of the spiritual realms If you contemplate, you will perceive absolute truth and witness its marvelous work in your life and in all that is wonderful and glorious in creation

May God grant you success and peace be upon you

Fasting is health and well-being

"You should fast, for there is nothing like it" (Hadith)

[This topic does not contradict fasting as mentioned in the Holy Quran, nor does it call on anyone to abandon their traditional method of fasting, which we respect, and we respect those who fast, praying to God to always bless them and accept their fasting What is meant here is

therapeutic fasting for specific physical and spiritual results, and therefore this clarification was necessary]

The physical results and spiritual experiences of fasting are truly amazing The soul is freed from the demands of the body when it is released from heavy, coarse habits I have completed my thirtieth day of fasting, and it feels as natural as if I haven't tasted food at all

Everyone who is able should try to fast for three days or longer if possible, and will gradually find that living without food is possible

Healthy individuals should not find it difficult to fast for three days Extended fasting should be undertaken under the supervision of a specialist Anyone suffering from chronic illnesses or physical disabilities should only fast after consulting a physician experienced in fasting and nutrition

Physical aches and pains are indicators of a malfunction in the body's systems and a need for repair and maintenance People keep their cars clean and well-maintained! The human body is far more complex and intricate than any car, and God wants us to keep it clean and functioning properly, relying more and more on His power The secret to good health lies not only in chemical elements but also in relying on God's power, or the life force within the body

This life force within our bodies is truly the source of life It is a constant force that, by God's command, creates and sustains our organs This life force is strengthened by the power of the mind and

nourished by food However, if it is misused, it ceases to function and eventually refuses to work For example, its power may weaken in the eyes, leading to blurred vision No food can provide strength, no change of air can refresh the cells and revitalize them, and nothing can restore energy to the body when its inherent life force begins to diminish

Fasting rests exhausted organs, as well as the body's systems and vital energy itself, freeing it from overwork When you stop suggesting to the vital energy that it must depend on external sources of food, water, oxygen, and sunlight for its existence, it becomes liberated and self-reliant

Overeating for 365 days a year leads to various illnesses Constantly eating, whether the body needs it or not, is truly a curse upon it The more a person focuses on their sense of taste and tries to satisfy it, the more illnesses they will suffer It's good to enjoy food, but enslavement to it has painful complications and dire consequences Thus, a person harms themselves through their attachment to the body and its demands It's time for people to realize that it is the life force that sustains the body and keeps it vibrant and energetic

We must—without obsession—place the greatest emphasis on the mind to strengthen its powers and make it more self-reliant If a person insists on enslaving their mind to the body, the mind will retaliate by relinquishing its power, forcing the individual to depend on someone else

or something else for assistance No doctor or medicine can help a patient whose mind has become so weakened that the illness worsens Three-quarters of the cure lies in the mind

In India, we learn to conquer the body with willpower, enabling a person to rely heavily on the mind Those who constantly resort to physical means for health and healing become accustomed to them and thus perpetually dependent on them But mental power is supreme One must gradually learn to make the most of the mind and its capabilities; then one will realize that the mind is a supreme tool, and the mind will do whatever is asked of it I have seen and experienced this firsthand in my own life

I was giving a lecture one day, and it was extremely hot My face was dripping with sweat, and I couldn't find my handkerchief For a moment, I was at a loss, but I focused my full attention on the center of my will (the area between my eyebrows) and prayed silently, "Lord, by Your grace, my body is cool!" Immediately, the sweat disappeared, and my body became as cool as it should be! Therefore, relying on the mind is of immense benefit! However, one should not go to extremes and completely deny the body, because if one does, one will be unable to think, eat, or move

Some people seek to prove the mind's control over the body, primarily to demonstrate health But health is not the ultimate goal of life Reaching God is the true purpose One may feel healthy for a

time, but a time will come when nothing will help Then, who will help? God Fasting is one of the greatest ways to draw closer to God It liberates the life force from enslavement to food, affirming that God sustains our bodies and keeps them alive

But habits are so powerful that the mere thought of food makes you want to eat immediately Once, when I was a young boy in India, I caught a cold I wanted some tamarind, which is considered very bad for colds My sister stubbornly refused, but because of my persistence, she brought me some of the fruit I chewed a piece and then spat it out without swallowing, because the craving for the taste had been satisfied Humans are often controlled by gluttony Unfortunately, God did not create the body in a way that allows us to enjoy the sense of taste and indulge in harmful excesses or consume unhealthy food without damaging the digestive system and other organs

But in truth, the only path to health and happiness—the wisest path—is self-control One of the greatest achievements a person can attain is to be master of themselves, not subject to the tyranny of their senses If you subject a device to excessive electrical charge that cannot withstand such overload, it will burn out Similarly, every time you overload your digestive system with food, the life force responsible for digestion is depleted When you stop overeating and when you fast, this life force rests and is recharged with cosmic energy

If your car breaks down, you send it to a repair shop After the necessary procedures are carried out, it runs better for a while until something else breaks down, and you send it back for further maintenance and repairs The same applies to the body The physical effects of fasting are astonishing A three-day fast on orange juice will temporarily repair the body But a longer fast will repair it completely, and you will feel as strong as steel If you desire lasting health, you should always monitor the quality and quantity of the food you consume

You should know what to do while fasting Medical supervision is essential for those who wish to fast for more than three days I don't advise anyone to make their first fast too long, as they will feel weak and exhausted Fasting one day a week on fruit juice or three consecutive days each month on orange juice are good ways to accustom yourself to fasting The fasting person should be psychologically prepared to deal with sympathizers who will assure them that they will get sick or die (God forbid) if they don't eat It's true that you may feel weak during a long fast, but this happens only in the first few days because your life force has become accustomed to food But gradually, as the days pass, you lose any feeling of weakness Your life force and spirit become detached from food, and you find that the body is truly sustained by life force

I know the secret by which a person can fast without losing any weight When the life force is

consciously controlled, it can be used to reduce body weight or maintain it When this method is used, the body's natural temperature does not drop, no matter how long the fasting period By drawing cosmic energy through a specific channel in the body, the life force is replenished by that energy instead of relying on external sources

Life is eternal and does not depend on breathing, food, water, or sunlight Remember that you are an immortal soul that lives first and foremost by the power of God and no other

Consciousness remains alive after physical death, but the average person loses that sense of continuity and believes they are dead Each of us will experience physical death someday, so there is no need to fear it You don't fear losing sensation in your body while sleeping; rather, you embrace sleep as a state of liberation you eagerly anticipate Similarly, death is a state of rest—retirement from life There is nothing to fear When death comes, laugh at it Death is merely a test whose purpose is to teach a profound lesson You are a soul, and the soul does not die There is no need to wait for death to teach you this when you can know it now The first lesson you must learn is that life does not depend on food By fasting, you can confirm this for yourself

Everyone should work on developing their mental abilities so they can perform their duties better under all circumstances Order and discipline should be observed; however, one should not be

rigid but rather flexible and logical in dealing with life and its challenges

All of a child's basic habits are formed between the ages of three and seven A supportive environment helps guide their development However, changing prominent tendencies requires special guidance

In my private school, I gave the boys rigorous training in dealing with the body They fasted and slept on a blanket on the floor without pillows Sometimes they meditated for hours Helping children break free from the bondage of the body is of paramount importance and a lifelong blessing Once, one of my students sat in meditation for twelve hours without blinking Such balance brings immense joy The ideal training lies in the balanced, scientific discipline of body, mind, and soul This is the essence and significance of fasting

There is a metaphysical, transcendental knowledge behind fasting Indeed, man does not live by bread alone Two things keep us bound to the earth: breath and food During sleep, a person is oblivious to the need for breath or food because the soul is detached from bodily consciousness Fasting elevates the mind in the same way Through fasting, the mind relies on its own inherent powers When these powers manifest, the life force in the body is amplified by the eternal energy that flows continuously from the cosmic ether to the body via the brain and spine

When the life force is detached from the external material sources that sustain the body, it

feels supported from within, and the mind realizes that the solid materials the body relied upon are merely rough and concentrated manifestations of energy The mind can then interact directly with the life force, instructing it to bring about the desired changes in the body

The mind has the power to do anything That is why Jesus Christ was able to turn stones into bread, just as water flowed from between the fingers of the Prophet, peace be upon him, when he put his hand into a vessel containing a little water and said: Come to the blessed purification and the blessing from God

Therefore, complete reliance on food is an injustice to the mind and the life force within man Through prolonged fasting, the one who fasts realizes that everything is intellect

Every power, body, or object in this universe is a product of the divine mind, just as all the things you see in a dream are created by the subconscious mind

The mind controls the body During fasting, if you think your body will weaken as a result, it will indeed weaken And if you think fasting will diminish your strength, you will feel weak as a result of that thought

But if you convince yourself that your body is strong, you won't feel tired; instead, you'll feel a great, refreshing energy Most people don't know this because they've never experienced it

The mind will not reveal its wonders unless you activate its powers And it will not function as

long as you rely too heavily on material things Therefore, its marvels remain hidden from ordinary perception

But when you learn – through fasting – to rely on reason, you will find it at work in everything, whether in overcoming illness, bringing prosperity and abundance, or realizing the ultimate goal of life: finding God

Whoever can control their mind will also be able to control their body and its needs, and will achieve spiritual peace and liberation from the earthly constraints that bind the soul and body together

On the other hand, the belief in the non-existence of matter and the universality of the spirit should not be based on vague theories or theories that cannot be logically explained, but rather it should be based on practical foundations and deep self-awareness

People usually identify with the body sustained by food, but they fail to realize that the body's primary source is the life force Neither food nor any other external means can revive a body from which the cosmic current has been withdrawn

The relationship between the physical human body and mind is energy, or life force Ancient Indian sages discovered this energy (prana) and developed the science called pranayama , which means consciously controlling the life force in the body

Jesus Christ fasted in the wilderness for forty days And the Prophet, peace be upon him, used to fast and say: “Fast and you will be healthy”

Those who never fast cannot know from experience that life is possible without food

In the initial stages of a week-long fast, hunger is present However, as the days pass, the feeling of hunger diminishes, and the fasting person experiences lightness, energy, vitality, and a sense of liberation from bodily constraints Why? Because depriving the body of physical food forces it to rely on immaterial nourishment: a current, energy, activity, or life force

Human will is the greatest generator of energy Through willpower and spontaneous desire, a person can quickly obtain spiritual power from the infinite reservoir

A person who is unwilling to perform their daily tasks feels a lack of energy and vitality On the other hand, someone who works diligently, enthusiastically, and with a genuine desire to work is permeated by the cosmic current, and their body and spirit are replenished with the elements of vitality

Whoever knows and practices metaphysical ways of living with willpower, and knows how to consciously draw life force from its inexhaustible cosmic source, is freed from many physical constraints

The sages and yogis of India say that matter is a concentrated mental essence Some of them proved this fact by demonstrating the ability to

materialize and manipulate their own body and other things by will

Modern science has proven that matter is composed of vibrational forces The chemical elements that constitute all forms and shapes in the universe, from rocks and planets to humans, are nothing more than different forms and variations of electron vibrations Ice, for example, is characterized by its coldness, weight, and shape It can be seen and touched If we melt ice, it turns into water If we boil water, it turns into steam and then becomes invisible Therefore, from a scientific perspective, ice or snow doesn't truly exist, even though it is perceptible to our senses Its essence is invisible electrons, or forms of energy

In other words, that which can be dissolved or dissolved into an invisible state cannot be said to have a real existence From this perspective, matter can be considered nonexistent, but its existence is relative

Matter exists in relation to our minds But in essence, it is an invisible force that neither perishes nor changes except in appearance and physical form

Similarly, the human mind and matter are manifestations of divine consciousness, existing only in form The truth is that only the universal mind truly exists

Just as a child is born of parents, so matter depends on mind for its existence Matter is a product of the divine mind and appears perceptible

to the human mind In and of itself, matter has no reality because it lacks intrinsic existence

The electronic forces of matter, although insane, contain vibrations of the self-conscious cosmic life force, which in turn emanate from a divine source

God said, “The Light of the heavens and the earth,” so let there be light, and there was light This means that the focus of the divine mind and the divine will became light or vibrating energy

The cosmic current of life and the electrons that subsequently vibrated with greater force became the diverse, transparent forces of nature These forces manifested as the fundamental material elements from which the physical universe is composed

Matter is real and perceptible to human consciousness But through experience, logic, and some laboratory experiments, humankind has discovered that there must be a permanent and unchanging creative force behind all the illusory images and forms of the apparent world

This truth can be grasped by understanding the nature of the ocean, which exists even though its waves are temporary manifestations of a single, great essence: the ocean itself Waves cannot exist without the ocean, but the ocean exists with and without the waves

These concepts can be grasped intellectually, but they cannot be truly understood unless one learns to transform matter into life force, and life force into cosmic consciousness, as prophets,

some great figures, and those with self-knowledge have done and continue to do For these enlightened individuals, matter does not exist in itself, for they know with certainty that beneath the waves of creation lies the unchanging and immutable ocean of spirit

In the philosophies of Vedanta and Yoga, the universe is a dream within the eternal, waking consciousness of God (who is neither overtaken by slumber nor sleep) Matter and mind, the universe with its stars and planets, the dense surface waves and the subtle, transparent undercurrents of material creation, the human faculties of feeling, will, and consciousness, and the states of life and death, night and day, health and sickness, success and failure, are all realities according to the law of relativity that governs this cosmic dream

Everything perceived through the lens of relativity is real only to the human dreamer, who plays their small part in the grand cosmic dream To escape the cosmic illusion, or the law of relativity, humanity must awaken from this dream to the eternal awareness of God

We cannot alter this dream through imagination or denial, by accepting life while rejecting death, or by acknowledging health while ignoring illness Every state is an integral part of its opposite, like the other side of a coin or a piece of cloth Dualities are not separate but rather interconnected The seeker of truth does not attempt to separate them in his mind, but rather transcends them through knowledge and wisdom

Anyone who wants to accept only the positive, happy, and useful aspects as facts of a dualistic nature is a person immersed in the illusions of a dreamy world

Just as a person has dreams that seem real for a while, but lose their validity when they transition to a state of wakefulness, so it is possible for a person to wake up from a dream of matter that seems real and live in the real and unchanging world of spirit

Only the perfected individual, who has learned to extend and transform their consciousness into the infinite Absolute through meditation and contemplation, can perceive creation as a divine dream Only they can declare with certainty that matter does not exist Through continuous self-discipline, the development of inner strength, and the practice of scientific yoga meditation, or any other path to spiritual realization—be it faith, love, service, self-denial, or sincere worship—the seeker of God can dissolve dualities and perceive the eternal unity behind all manifestations of multiplicity and diversity

Whoever is freed from the cosmic illusion knows that God Almighty is all in all existence, and thus touches his divine consciousness and realizes the essence of truth

Peace be upon you

The rich one is he whom God has made rich

As narrated by the teacher Paramhansa Yogananda

Emperor Akbar (1556-1609 CE) was one of the Mughal emperors of India and one of the greatest rulers of the Asian continent throughout history He earned the title of "Patron of Humanity" due to his justice and fairness towards his people and his genuine concern for their well-being He also worked diligently to reclaim lost Indian territories and unify them into a strong, centralized state

Akbar was a great advocate of tolerance between different religions in India During his reign, Hinduism and Islam flourished side by side in complete harmony The Muslim emperor (Akbar) would sometimes wear Islamic attire and go to pray in the mosque, and at other times he would wear Indian clothes and go to the Hindu temple for meditation and worship

This great-hearted and generous emperor never stopped for a single day bestowing gifts and donations on the needy and social institutions throughout the country

It was his custom to ride in a luxurious royal carriage drawn by eight fine horses Guards and heralds would announce the arrival of his magnificent procession with drums, cymbals, and trumpets throughout the city

Despite all this glory and splendor, there were strict orders from the greatest of himself to stop

the procession at any time and in any place if any of the subjects wished to make a request to him or ask him for help

One day, as the majestic royal procession was passing through a wide avenue lined with trees on both sides, the emperor noticed two blind men sitting a few meters apart, shouting for help and charity

The elder ordered the cart to stop in front of the first blind man, who was shouting:

"The rich are those whom the emperor makes rich"

After listening carefully to that phrase, he asked the driver to move towards the other blind man who was shouting:

"The truly rich person is the one whom God has made rich"

For a whole month, the emperor heard the same two phrases every time he passed by the two blind men, who were asking him and God for wealth Finally, a sense of compassion stirred within him, and he wanted to help the first man, whose motto was: "The richest is he whom the emperor makes rich"

One day, Akbar asked the palace baker to bake him a large loaf (of the thick kamaj type) with a center filled with pure gold Akbar gave this loaf to the first blind man and completely ignored the

second, who hoped for wealth from God, not the emperor

Shortly after that, Akbar went on a hunting trip, and on his return he passed by the same street and saw the blind man who had given him the loaf of gold still in his place, shouting as before: 'The rich one is he whom the emperor made rich'

He asked that the royal carriage be stopped in front of the blind man and said to him: "What did you do with the loaf of bread that I gave you?"

The man replied:

'Your Majesty, the loaf of bread that you so kindly gave me was too large and did not bake well because it was too heavy, so I sold it for ten fils to the other blind man and I was grateful to receive those fils which were originally from your generosity'

Akbar looked around for the other blind man but could not find him After inquiring about him, he learned that he had given the loaf of bread to his wife, and as soon as she cut it open, she found the gold With it, they bought a modest house, and their situation improved after God granted their wish and enriched them with His abundant grace

Upon hearing this, the emperor grasped the profound significance of the incident With unparalleled humility, he feigned agitation and anger and proceeded to rebuke the first blind man, saying:

'What have you done, you fool? You gave my loaf of bread filled with gold to your friend who relied on God and not on me for riches From now on you must adopt his motto and proclaim as he used to proclaim: The rich one is he whom God has enriched'

Or something to that effect:

He who has the Giver gives

He alone is called rich

Peace be upon you

Magnetic or intellectual food

When people talk about food or nutrition, they usually mean the physical food used to sustain the body But there are other types of food that are no less important than physical food, and are often even more important

Among those intellectual or spiritual foods:

Mental activity or concentration of mind, wisdom and spiritual discernment

Physical food sustains the body's cells, while intellectual food charges the mind with healthy ideas, while the food of wisdom refreshes the soul and develops its faculties

Intellectual nourishment usually consists of the ideas that a person thinks and those that he

receives from others through contact and interaction with them

People with calm and noble temperaments help make our thoughts magnetic and healthy It's not difficult to determine whether a person draws their intellectual nourishment from a peaceful or a disruptive environment Anxiety, distress, and confusion all stem from associating with the wrong kind of people, whether friends or relatives, leading to anxious thoughts and a troubled mood

The body derives energy and activity from physical foods, while magnetic foods supply both the body and mind with energy charges that are easier to digest than solid and liquid foods that cannot be easily converted into living energy

When you are able to turn ignorance into wisdom

From weakness and frailty to health and vitality

Walk confidently and boldly – even if alone – on the paths of life

And the inner joy of possessing a living and vigilant conscience

And unwavering faith in God’s justice and in the triumph of truth over falsehood and reality over illusion

And when you try every day to release your thoughts towards higher and more refined levels

She has a loving and grateful heart

And good intentions towards others

Your intellectual nourishment is magnetic

And then it will attract to you everything that is beautiful and beneficial

From things, people, and circumstances

She is in dire need of continuing the journey towards the shores of security and safety

And last but not least

When you exert effort to obtain what you need and are content with what God makes easy for you

Be richer in spirit and more content than those who are obsessed with worldly possessions and covetous of its fleeting pleasures

Peace be upon you

God does not abandon those who love Him

From the book Yogi's Memoirs: An Autobiography (Indian Philosophy in the Life of a Yogi)

"If our father had disinherited you, Mukunda [1] , you would have truly deserved it, for you are wasting your life foolishly and stupidly!"

That's how my older brother's sermon reached my ears I had just returned with Jitendra from the train, covered in a layer of dust when we reached Ananta's house, who had finally moved to the old city of Agra My older brother worked as an accountant in the government's public works department, so I said to him, "You know, brother Ananta, that I am asking God for my inheritance"

He replied: "Money comes first, and God comes later! Who knows? Life might be long!"

I said: "God comes first, and money is His servant! And who can predict? Life may be short!"

My answer came spontaneously, without me sensing that anything was about to happen (But alas! Ananta departed this world at a young age)

My brother's eyes sparkled with satisfaction, as he still hoped for my return to the family nest, and he said:

"I think it's wisdom from the hermitage But it seems to me that you have left Benares!"

So I said to him, “My stay in Benares was not fruitless, for I found there everything my heart longed for! And you can be sure that what I found was not that (scholar) you met in your company, nor his son”

Ananta shared a laugh with me at the memory of what had happened, admitting that the clairvoyant scholar he had chosen to be my guide,

Benares, turned out to be indeed lacking in foresight and insight He asked me:

"So what is your plan, my lost, wandering brother?"

I replied, explaining: "Jitendra asked me to accompany him to Agra to enjoy the wonders of the Taj Mahal, and after that we will go to my guide whom I recently found, who has a hermitage in Varanasi"

Ananta treated us very well, and in the evening he kept glancing at me repeatedly with scrutinizing eyes, so I said to myself:

"I know what's behind that look! He's cooking something up!"

And indeed, what I had predicted happened during breakfast Ananta looked innocent as he gathered the threads of yesterday's conversation, saying, "So, this is how you feel you don't need our father's money!"

I said: "Rather, my reliance is on God alone"

He replied: "Words are cheap, Mukanda! Fate has protected you until this moment But how embarrassing your predicament would be if you had to rely on that unseen hand to provide you with food and shelter! You would surely resort to begging in the streets!"

I said: “God forbid! I will not place my trust in passersby instead of God, who opens the doors of

sustenance for those who worship Him and trust in Him, and provides them with countless sources of livelihood, except for begging and soliciting!”

He said: "All of this is rhetorical expression and bombastic language! Suppose I asked you to put your philosophy, which you boast and brag about, to the test of real-world experience in this material world, would you accept?"

I said: "Yes, I accept! Is it permissible to confine God to the theoretical realm only?"

He said, "We shall see Today you will have the opportunity either to expand upon my views or to acknowledge their validity"

Ananta paused dramatically for a moment, then continued speaking slowly and calmly, saying:

"I propose that you send me with your friend Jitendra this morning to the nearby town of Brindbane, on the condition that you take not a single rupee with you, do not beg for food or money, do not tell anyone about your predicament, and do not remain without food or get stranded in Brindbane If you return to my house here before midnight without violating any of the conditions of this test, I will be the most astonished person in Agra!"

I said, "And I accept the challenge"

There was no hesitation in my words or in my heart Joyful memories of divine intervention

flashed before me: my healing from deadly cholera through supplication to God before the image of Lahiri Mahasya; the gift of the two kites flying over the roof of the Lahore house; the amulet that arrived just in time amidst the despair and frustration of Bareilly; the decisive message from the anonymous hermit of Banaras outside the Pandit's courtyard; the vision of the Holy Mother and hearing her sublime words of love and her immediate response to my wishes through Guru Mahasya; the guidance that came at the last moment and helped me obtain my high school diploma; and then my neighborhood teacher, the final blessing that came to me amidst the fog of a lifetime of dreams I will never allow my "philosophy" to be inadequate to the struggle in this harsh world, a world that believes only in tangible evidence and proof

My brother replied, "Accepting the challenge is an honor for you, and I will accompany you to the train right now"

Then Ananta turned to Jitendra, who was gaping in astonishment, and addressed him, saying: "You must accompany him as a witness, and very likely as a victim as well!"

Within half an hour, Jitendra and I were holding one-way tickets for this sudden trip, after Ananta had subjected us to a thorough inspection in a corner of the station and made sure himself that we had no money with us, and that the pieces of

cloth we had wrapped around our waists were not hiding more than necessary

"Ananta, give me a rupee or two as a reserve so I can send you a telegram in case of bad luck," my friend protested amidst the escalating conflict between money and faith

I shouted at him reproachfully: "Jitendra, I will not proceed with this test if you carry money with you as a final guarantee"

Jitendra replied, "The clinking of coins is reassuring" But he had no choice but to remain silent when she reprimanded him sternly

My older brother said, "Mukanda, I am not heartless"

A note of humility rang in Ananta's voice, perhaps his conscience was pricking him for sending two penniless boys to a strange city, or for his lack of faith in God's power, then he added:

"If, by any chance or grace, I manage to successfully pass the ordeal of Brandyban, I will ask you to consecrate me as your disciple"

This promise was unusual and inconsistent with established customs and traditions In Indian families, the eldest brother rarely bows to those younger than him; he comes second only to the father in receiving respect and obedience from those younger than him However, there was no

time left to comment on what he had said, as the train had already begun to move

Jitendra remained sadly silent as the train sped on, then finally shifted in his seat and pinched me hard in a sore spot, saying:

"I see no indication that God will provide us with the next meal!"

So I said, "Be calm, doubter, for God works in secret"

He replied: "Can you hurry him up? I am starving just thinking about what awaits us I left Varanasi to enjoy seeing the Taj Mahal, not to enter my own tomb!"

So I said, "Take heart and rejoice, Jitendra! Are we not on our way to take our first look at the sacred wonders of Brindiban?" I am filled with longing at the mere thought that I will set foot on the land blessed by the feet of Lord Krishna"

At that moment the door to our compartment opened and two men entered The next stop was the last one

The stranger who sat opposite me addressed me with noticeable interest, asking: "Hey guys, do you have any friends in Brandenburg?"

I turned my gaze away from him coldly, saying, "That's none of your business"

He said, "Perhaps you have run away from your families under the spell of the Heart Thief I too am a man of spiritual longings, and I will make sure you get food and shelter from this intense heat"

I replied: "No, sir, leave us alone You are generous, but you are mistaken in thinking we are fugitives"

Our conversation ended there As soon as the train stopped and Jitendra and I got off at the platform, our two chance friends put their arms around us and called a taxi

We dismounted in front of a magnificent chapel in a splendid spot amidst evergreen trees It was clear that the benefactors were well-known there, as a smiling boy approached us and led us without comment to a reception room where a dignified, radiant old woman welcomed us

One of the men addressed the hostess, saying, "Mother Gauri, the two princes will not be able to attend At the last minute their program changed and they send you their sincere thanks and deepest apologies But we have brought two other guests whom I felt, when we met on the train, to be disciples of Lord Krishna"

The two companions headed towards the door, saying: "We bid you farewell, our two little friends We will meet again, God willing"

Mother Jouri broke into a sweet, tender smile for her unexpected guests as she said, "Welcome! You couldn't have come here on a better day I was expecting two princes to come to this hermitage I am so happy you came, otherwise I would have melted with shame if the food I prepared with such care had not found anyone to taste and enjoy it!"

These kind words had a surprising effect on Jitendra, who burst into tears The calamity he had feared in Brindbane had transformed into a banquet fit for kings and princes This sudden turn of events was too much for him to bear The hostess looked at him curiously but without comment, perhaps aware of the adolescent's emotional outbursts

We were invited to lunch, and Mother Jouri took us to the dining room, which was fragrant with appetizing aromas, then disappeared into the adjacent kitchen

And I had been waiting for this moment, so I chose a suitable spot on Jitendra's body and pinched him in a similar way to how he had pinched me on the train, saying:

"God works, and quickly too, you of little faith!"

The hostess returned carrying a fan, which she fanned us in the traditional Eastern style without pause, as we sat on embroidered blankets The monks brought nearly thirty different kinds of food

This was no ordinary lunch, but a sumptuous feast! Since our arrival on this planet, we had never tasted such delicacies

He addressed our hostess, saying: "These are truly dishes fit for princes, honorable mother! I don't know what urgent matter your royal guests considered more important than attending this banquet! You have given us a memory of a lifetime that we will never forget!"

Since Ananta's conditions prevented us from disclosing more, we could not explain to the venerable lady that our gratitude held a double meaning, but our devotion was clear We departed with her blessings and a warm invitation to revisit the hermitage

The heat outside was unbearably harsh, so my friend and I sought shelter in the shade of a kadamba tree by the monastery gate This was followed by hurtful words, as Jitendra, for the second time, expressed his apprehension and suspicion, saying:

"What a predicament you have gotten me into! Our lunch was a matter of luck! And now how are we to enjoy the beauties of this city without a single coin in our hands? And then, can you tell me how we will be able to return to Ananta's house?"

So I said: "Now that your stomach is full, how quickly you forget God!"

My words were not harsh, but rather reproachful How short is human memory when it comes to the blessings of heaven! There is not a single person in this world who has not received some answer to their pleas

Jitendra replied, "I will never forget my foolishness in taking a risk with a reckless person like you!"

I said, "Enough, Jitendra, for the God who fed us is the same God who takes care of us in Brindban and will bring us back to Agra!"

No sooner had I finished speaking than a young man, whose face radiated reassurance and comfort, approached us quickly Standing beneath our tree, he bowed before me and said:

"My dear friend, you and your companion must be strangers here, so allow me to be your host and guide"

Although the Indian man's face rarely paled, Jitendra's face immediately turned the yellow of illness I politely declined the offer But the young man became very agitated, in a way that, under other circumstances, would have been quite laughable He replied:

"You certainly won't be able to get rid of me!"

I said, "Why not?"

He looked up to me confidently and said, "Because you are my teacher While I was

meditating at noon, I saw the blessed Lord Krishna in a vision, and he showed me two figures under this very tree One of them was your face, my teacher, which I have often seen in my meditations! How happy I would be if you would accept my humble services!"

So I said, "I am also happy that you found me Neither God has forsaken us nor has man abandoned us!"

Although I stood motionless, smiling at that eager face before me, a feeling of reverence made me bow in spirit at the divine feet

The boy said, "My friends, how I long for you to honor my home with a visit!"

I said, "You are a generous young man, but we cannot do that because we are guests of my brother in Agra"

He said, "Then allow me at least to accompany you both to Brindiban as a memento of this meeting"

I gladly accepted the invitation The young man —whose name was Pratap Chatterjee—requested a horse-drawn carriage, and we headed towards the Madhana Mohana temple and other Krishna temples Darkness fell while we were still praying in the temple Afterwards, Pratap said:

"May I ask your permission to have some sweets?"

He entered a shop near the train station, while we strolled down the wide street, which was now bustling with people and had grown relatively cool Our friend disappeared for a short while and returned carrying a large quantity of sweets He smiled pleadingly as he held a wad of banknotes along with two tickets he had bought for our trip to Agra, saying, "I beg you to grant me this spiritual honor"

My acceptance was nothing but respect for that unseen hand Wasn't its generosity—which Ananta mocked—far more than necessary?

We looked for a secluded corner near the station and I said:

"Pratap, I will teach you Kriya: the method of Lahiri Mahasya, the greatest yogi of the modern era And this method of his will be your spiritual guide"

The initiation took place in half an hour, and I addressed the new disciple, saying: "Kriya will be the precious gem that will fulfill your desires This art, which you see as simple, contains the method of rapid spiritual progress The sacred Indian scriptures say that the incarnate human self needs a million years to be freed from cosmic deception, but this long natural period can be greatly shortened by Kriya Yoga Just as Jagades Chandra Bose proved that the growth of a plant can be accelerated more than usual, so too can the spiritual growth of a human being be accelerated

by esoteric knowledge Be sincere in your practice, and you will draw closer to God, the Teacher of Teachers and the Guide of Guides"

Pratap said thoughtfully, "I feel immense joy at having found this blessed yogic key that I have long sought Its spiritual influence will free me from the constraints of the senses and propel me towards higher realms Seeing Lord Krishna today is a great blessing in my life"

We sat for a moment in silent understanding, then walked leisurely towards the station Joy filled me as I boarded the train, while Jitendra wept My farewell to Pratap was poignant, punctuated by sighs and sobs from both of my friends Once again, Jitendra was overcome with grief, not for himself this time, but against himself, and he began to say:

"Oh, how weak my faith in God was! My heart was hardened, but now I will never doubt God's care"

As soon as midnight struck, the two adventurers who had been sent without a penny entered Ananta's house His face was indeed as promised, full of astonishment Quietly, rupees rained down on the table He said jokingly, "Tell the truth, Jitendra! Hasn't this young man resorted to highway robbery?"

But as soon as he heard the details of the story, my brother became serious and then

depressed, and he spoke with a spiritual fervor I had never seen before:

"The law of supply and demand is reaching far more transparent horizons than I thought And for the first time I understand why you don't care about money and its vulgar hoarding in this world"

Although it was late, my brother insisted on dedicating it to Kriya Yoga Thus, Master Mukanda had to bear the responsibility for two "students" he hadn't asked for in a single day

The following morning we had breakfast in an atmosphere of calm and harmony that had been lacking the previous day I smiled at Jitendra and said:

"You won't be deprived of seeing the Taj Mahal Let's take a look at it before we travel to Serampur"

We bid farewell to Ananta and set our sights on Agra's magnificent and proudest monument: the Taj Mahal, its white marble gleaming in the sunlight like a dream of perfect harmony Surrounded by dark cypress trees, verdant meadows, and a tranquil lake, its interior was adorned with intricate carvings inlaid with semi-precious stones Elegant garlands and motifs intertwined and crisscrossed the brown and purple marble, while the light emanating from the dome bathed the tombs of Emperor Shah Jahan and

Mumtazi Mahal, the queen of his kingdom and the object of his affections

Feeling I had seen enough and eager to see my teacher, I immediately set off with Jitendra south towards Bengal My companion said, "Mukanda, I haven't seen my family for months I've changed my plans and may visit your teacher in Serampur later"

My companion – who could be kindly described as temperamental – left me in Calcutta, and I arrived by local train in Cebrampur, twelve miles to the north

I felt a surge of surprise when I realized that twenty-eight days had passed since I had met my teacher in Varanasi and he had told me: "You will return in four weeks!" And here I stood with a pounding heart in the courtyard of his hermitage on the quiet Rai Ghat, entering for the first time the hermitage where I was destined to spend the greater part of the next ten years with the great sage of India, my teacher Swami Sri Yukteswar!

Teacher Paramhansa and Tagore

From the book (The Philosophy of India in the Life of a Yogi)

For the sage Paramhansa Yogananda

"Rabindranath Tagore taught us to sing naturally and spontaneously as a means of self-expression, just like songbirds"

This explanation came to me from Bhola Nat, a bright 14-year-old boy at Ranchi School, after I had

praised his melodious singing one morning With or without occasion, the boy would flow with tunes like a harmonious stream He had previously studied at Tagore's renowned Santinakitan, meaning "harbor of peace," in Bulpur

I said to my companion, "Rabindranath's hymns have been on my lips since my early youth All Bengalis, even the illiterate villagers, greatly enjoy his sublime poetry"

And she recited with Bhola some verses by Tagore, who set thousands of Indian poems to music, some of which were his own compositions and some of which were ancient

After we finished singing, I said, laughing, "I met Rabindranath immediately after he received the Nobel Prize for Literature I felt a strong urge to visit him because I admired his undiplomatic boldness in dealing with his critics"

Bhola inquired eagerly about the story, so I said: "Linguists have subjected Tagore to bitter criticism because he introduced a new style to Bengali poetry by mixing colloquial and classical expressions without regard for the linguistic boundaries that linguists cherish His poems contain profound philosophical truths in attractive, emotional expressions, without adhering to the established literary forms"

"An influential critic once described Rabindranath—with disdain and contempt—as 'the dove poet who sold his cooing to the printers for a pittance' But Tagore's revenge was forthcoming! The entire Western literary world paid homage to

him upon the translation of his book (Gitanjali: The Song Offerings) into English A large group of scholars, including his former critics, traveled by train to Santiniketian to offer their congratulations"

Rabindranath received his visitors after a deliberately long delay, then listened to their flattering praise in silence and indifference Finally, he turned the weapons of their criticism upon them, saying:

"Gentlemen, the fragrant roses of reverence and honor that you offer me here are mixed with the putrid odors of your previous contempt Is there any connection between my receiving the Nobel Prize and this sudden appreciation of yours? I am still the same poet who offended you when I offered my humble flowers at the shrine of Bengal"

"The newspapers published a summary of Tagore's bold rebuke, and I admired the frankness of a man who was not deceived by flattery and hypocrisy"

"I was introduced to Rabindranath in Calcutta by his secretary, Mr CF Andrus [(1)], who was simply dressed in Bengali clothes, and who affectionately referred to Tagore as his angelic master (Gurudeva)"

"Rabindranath received me warmly, surrounded by an aura of charisma, rich culture, and genuine courtesy Tagore answered my question about the sources of his literature by saying that his main inspirations came from our religious epics and from the works of the poet Vidyapati, who lived in the fourteenth century"

Inspired by these memories, I began to sing an old Bengali song that Tagore had adapted into a new form, beginning with "Light Light the lamp of your love" Bhola joined me in the joyful singing as we strolled around the schoolyard

About two years after the founding of Ranchi School, I received an invitation from Rabindranath to visit him in Santiniketan to discuss our educational ideals I gladly accepted and went to meet him When I arrived, he was seated at his desk, and he struck me as the epitome of true manhood, as any artist could imagine His handsome, delicately shaped face radiated nobility and dignity, framed by long hair, a flowing beard, and large, kind eyes, all adorned with an angelic smile His melodious voice, like the strains of a flute, captivated the heart He was tall, strong, and serene, embodying the tenderness of a woman and the innocence of a happy child I doubt that any other ideal of an inspired poet could find a more authentic expression than in this tender, soulful reciter

I immediately embarked with Tagore on a comparative and in-depth study of our two educational institutions, both founded on unconventional principles We found many similarities between them, such as open-air learning, simplicity, and the encouragement of creativity in young children However, Rabindranath placed great importance on the study of literature and poetry, and on self-expression through music and song, something I had already observed in

Bhola The Santiniketan boys practiced periods of silence, but they did not receive specialized yoga training

The poet listened with deep attention to the explanation of the Yogoda exercises that charge the body's cells with activity and vitality, and to the yogic concentration method that is taught to all Ranchi disciples

Tagore told me about his early educational struggles, and said to me with a laugh, "I ran away from school after the age of five" I could immediately see how his delicate poetic sensibilities clashed with the dreadful disciplinary atmosphere of the school

The poet gestured eloquently towards a group of students studying in the lush garden, saying:

"For this reason I founded the Santinikitian Institute under the shade of the trees and the splendor of the sky The child feels that he is in his natural environment among the flowers and singing birds so that he can express the inner wealth of his own talents True knowledge cannot be pumped or stuffed from external sources, but rather knowledge should be an aid to revealing the treasures of infinite wisdom hidden in the depths of the human soul" (2)

I agreed with him and added: "Children's idealistic tendencies and their love for heroes and heroism die of starvation in ordinary schools because they are limited to food made up of statistics, events, and historical periods"

The poet spoke fondly of his father, Devendranath, who inspired him to embark on Santiniketan He said: "My father gave me this fertile plot where he had built a temple and a guest house My educational experience began here in 1901 with only ten children The eight thousand pounds that came to me with the Nobel Prize I spent on the upkeep of the school"

The elder Tagore (Devendranath), widely known as Maharishi (the Great Sage), was a truly remarkable man, as his life story suggests He spent two years of his youth meditating in the Himalayan monasteries Similarly, his father, Dwarkanath, was renowned throughout Bengal for his generous public philanthropy From this fertile ground sprang a family of luminaries Rabindranath was not alone in his creative expression; his relatives shared his talent His cousins, Gogonendra and Upanendra, are considered among the most distinguished artists in India [(3)] Rabindranath's brother, Dwijendra, was also a profound philosopher beloved even by the birds and animals of the forest

Rabindranath invited me to spend the night at his guest house What a magnificent sight that evening when the poet sat with a group of students in the courtyard! Time seemed to stand still, and the scene appeared to me like an ancient hermitage, with the poet Tagore surrounded by his disciples, enveloped in an atmosphere of joy and sacred love Tagore was weaving and perfecting every bond of affection with threads of harmony

and accord What a rare flower of authentic spiritual poetry blossomed in God's garden, drawing others to it with its natural beauty and fragrance!

In his melodious voice, Rabindranath read to us some of his newly composed, sweet poems Most of his hymns and narratives, composed to bring joy and delight to his disciples, are found in Santiniketan The beauty of his poetry, for me, lies in the reference to God in almost every verse, even though the holy name is not explicitly mentioned For example, he says:

"When I am intoxicated by singing, I forget myself and call you my friend, O you who are my master!"

After lunch the following day, I reluctantly bid the poet farewell I am delighted that his small school has grown and developed into what is now Vizva Bharati International University [(4),] where students from all countries find an ideal environment

Where the mind is freed from fears
and the head is held high
Where knowledge is free and
unrestrained,
The world has not been turned into
fragmented parts by narrow local walls
And where words spring from the
depths of truth,
And strenuous efforts extend their
reach towards perfection

Where the pure spring of reason has not lost its way in the desolate sandy deserts of dead customs,

And as it moves forward in ever-expanding thought and action,

So that my country may awaken in the sky of that freedom, O my father [5]

The key to the secrets of success

Success means a person's contentment and satisfaction within their environment True success is the result of actions founded on principles of righteousness, and it encompasses the happiness and well-being of others as an integral part of one's own happiness If we apply this principle to our material, intellectual, moral, and spiritual lives, we will have a complete and comprehensive definition of success

People have different views and theories about success, depending on their ambitions in life It's not uncommon to hear some people equate success with theft, saying things like, "He was a successful thief!" This underscores that success in all its forms and varieties is desirable and sought after However, our success should not harm others

There is also another criterion for success: when we are able to bring about harmonious and beneficial results for ourselves, we should also include others in our success and share its fruits with them

Someone might choose to remain silent for an extended period, refusing to speak to their family members during that time While this person might achieve some inner peace as a result, their behavior is selfish and detrimental to their family's happiness They cannot be considered truly successful unless their loved ones also benefit from their achievement

Similarly, achieving material success is not only our right to enjoy well-being on our own, but also our moral responsibility towards others in terms of helping them improve their material conditions and living circumstances

Anyone with intelligence can make money But if they have love in their heart, they will never use that money for selfish purposes; rather, they will share it with others Money is a curse and a misfortune in the hands of the selfish and the miserly, and a blessing and a gift in the hands of those with kind hearts and generous souls

Henry Ford, for example, earned a fortune, yet he didn't believe in charity, which he saw as encouraging idleness and laziness Instead, he provided employment and livelihoods for many If Henry Ford earned money while also providing prosperity for others, then he was successful in the right way

Even the greatest saints do not attain complete salvation unless they share their success —their spiritual experiences and higher knowledge

—with others by helping them reach sacred understanding For this reason, those who have reached such stages and attained such states are eager to impart understanding to those who need it

If you wish to achieve true success, you will not only guarantee your own personal happiness but also the happiness of others

Differences in success standards between East and West

There are different standards of success in the East and the West Unfortunately, the East is increasingly imitating the worst aspects of what it sees in Western films While some films offer solace, real life reveals that success is far from easy Life is often harsh and unforgiving, and we must struggle to earn a living Consider the effort required to sustain your body and keep it healthy and free from illness! Even if you succeed, that success is fleeting The body will eventually be laid to rest It is necessary to contend with numerous forces, both internal and external, to achieve the desired success These forces work tirelessly to rob you of any meaningful accomplishments

The West focuses on partial or temporary success connected to this present life The East, on the other hand, focuses on complete, lasting, and enduring success

Those who have reached the pinnacle of eternal success we call (the winners in both worlds the successful ones in the eyes of the Judge)

These people are happy in body, mind, and spirit They may have some things, but they possess a great wealth: the wealth of inner peace and spiritual understanding of the relationship between the soul and the divine spirit, and the relationship between the body and cosmic life

In the East, the idea of this kind of success is instilled in the child's mind In the West, the child is given a piggy bank and taught to aspire to money in order to fulfill desires

It's fine to work hard to achieve sufficient material success, but children should also be taught the value of lasting success The wealth of the soul lasts forever in the bank of eternity, and you can withdraw happiness from that bank at any time

But even spiritual success can be one-sided and unbalanced if you have material responsibilities that you are unable to fulfill

Only the greatest yogis who have freed themselves from the laws of nature can completely disregard material affairs

In the East, the primary focus has been on cultivating spiritual happiness, while the material aspects of life have often been neglected In the West, there are some material comforts but very

little psychological happiness What is needed is a balance between the two, because focusing on only one aspect of life leads to imbalance and an inability to deal rationally with life's demands

For example, if an artist focuses solely on art and neglects everything else, it will lead to an imbalance that manifests as anxiety and unhappiness However, a focus on art alongside spirituality, work, science, and service will result in a wonderful balance, complete success, and true happiness

If wealth is coupled with illness and problems, the consequences will be numerous Hygiene and healthcare are among the West's strengths Harmful insects and deadly germs are effectively controlled in developed countries, while they are abundant in others But eliminating these pests is not the pinnacle of achievement, because other kinds of afflictions exist in developed countries, such as difficult-to-pay bills and suffocating financial crises due to installment buying systems —afflictions that disturb sleep and undermine peace of mind

Life is more than just survival

God did not create this earth for us merely to eat, sleep, and die, but so that we might know His will and understand the purpose of our existence A handful of wise people have grasped the meaning of the cosmic plan, but most people are blind and unaware of that purpose The earth becomes a

torture chamber for those who live in ignorance of the divine plan But when you view life's experiences as your teachers and learn from them the true nature of this world and your assigned role in the cosmic drama, those experiences become valuable illuminations on the path to lasting contentment and happiness

God has made the cosmic illusion extremely powerful

We live in a chaotic and turbulent world You might think money means happiness, but when you acquire it, you find you're still unhappy You might acquire wealth and—God forbid—lose your health Or you might have good health and lose your money Or you might have both wealth and health but suffer numerous problems with others, offering kindness only to be met with hatred and resentment in return Without God, nothing in this life can truly satisfy you

If God wanted us to live only in material consciousness, we would be completely satisfied with material things and content with worldly ways

Have you ever seen a flock of sheep? If one of them jumps, the rest of the flock imitates it without hesitation Most people are like that Someone might come up with an idea or introduce a new trend, and others will immediately jump on the bandwagon and copy it This pattern has persisted for generations Every nation has its customs and traditions, and we can't claim that they are all

correct or sound But who knows? Some of those customs and traditions might be absurd, meaningless, and pointless

There is a way to evaluate and judge those customs and traditions

Initially, every tradition had a justification If we find that justification still holds true, then the tradition has meaning and benefit However, it is unwise to follow traditions blindly We must know the truth and follow it, discerning what can bring us happiness and then applying it

Life should be simplified If you were to objectively analyze the individual characteristics of human behavior, you would find that some of our customs and traditions are laughable

In the West, people follow many rules There are specific clothes for evenings out, dinner parties, visits, and outings I even saw an advertisement once for special jackets for smokers!

Organization is great, but excessive adherence to organization and methodology often leads to misery

In the East, houses and clothes are simple In the West, life is so complex that happiness eludes us due to the excessive focus on doing things in a particular way

Why complicate life by emphasizing how to arrange the house and the table in a certain way?

In the East, when we invite people to visit, everyone feels joy and looks forward eagerly to those visits

In the West, guests are invited, followed by hours of frantic preparation to ensure everything is perfect Once the guests arrive, the host eagerly awaits their departure!

Living, clothing, and food should be simplified Eating meals in restaurants may not be economically practical, but it's okay to do so occasionally It's not right to spend long hours in the kitchen, leaving no time to enjoy other, more important things

During my travels and lectures, I simplified my diet I simply kept some milk, lettuce, and cheese in my room, and I was comfortable with that

Paradise is within us, not in things

In our ascetic training in India, we learned to control our desires and rise above what we like, dislike, and prefer We were grateful for everything we received In the West, however, most people are unhappy despite having so much, as if they didn't possess it at all Desires know no bounds In the morning, after shaving and dressing, the first thing a husband wants is breakfast As soon as he sits down at the table, he wishes his wife had prepared

something else She, in turn, wishes she had better plates, spoons, knives, and forks

Days pass, and the desires for this and that continue until nothing can satisfy them Finally, the couple fails to please each other and finds no joy even in their children, losing their marital happiness Because they feel frustrated, they turn on those closest to them The wife nags, nags, and criticizes her husband excessively, while he yells at the children, and the children rebel against their parents and commit foolish acts with their friends (and so the cycle continues)

It is not wrong to own possessions; the wrong thing is to allow our possessions to own us We must free ourselves from attachment to people and things because attachment brings unhappiness

My paradise is within me As I enjoy God's blessings, I thank Him, and my inner joy grows Without that inner contentment, even earthly pleasures and joys become hell I have come to realize that without that inner joy, the burden of responsibilities placed upon me would have robbed me of my peace and deprived me of my happiness

The greatest enemy of happiness is borrowing money to buy luxuries People mistakenly believe they cannot be happy unless they acquire something specific But even after acquiring that thing, they will not experience true happiness, despite their temporary joy So what is the point of

chasing after the mirage of earthly happiness that promises only to break its promise?

People should live simply without needing many possessions that require constant attention

There's no doubt that buying something new is a pleasurable experience But after a while, that joyful feeling gradually fades, and you might even lose interest in it altogether, forgetting about it and desiring something else However, the bill for that item won't be forgotten, especially if you bought it on installment!

A person should take control of their life and simplify it as much as possible They should save some money for necessities and emergencies, prioritize saving over spending on luxuries, and help others to the best of their ability When you help others, help will come to you in one way or another, and you will lack nothing and be deprived of nothing

I know for certain that everything I need will come to me, and therefore I do not worry about what the future holds This is not boasting or pretense, for I have experienced the work and effectiveness of that blessed power in my life many times

Whether I'm floating on the surface of life or drowning in the depths of the sea, I know that I am with God and He is with me, and that nothing can

harm me That knowledge has given me an indescribable and profound happiness

Were it not for the spiritual understanding and experiences I received, I would be the most miserable person on earth I have acquired much wealth, but I have refused to let it enslave me, nor have I allowed it to touch or change me I give everything I earn in the way of God and to those in need My inner happiness is my greatest possession —a treasure that even kings could only dream of

Success depends on internal achievement

When you see large numbers of people lacking happiness or success, don't assume that this is their destiny You can shape yourself into whatever you want to be Your inner success is what truly makes you successful If you lack something within yourself, you will not be happy But if you lack something external and yet are happy within yourself, you are undoubtedly successful Therefore, it's impossible to judge people based solely on their outward circumstances Among the vast crowds, there may be individuals who have attained spiritual elevation and enjoy profound inner peace and spiritual happiness

For this reason, moral and intellectual success —liberation from the dictates of bad habits and unhealthy desires—brings far greater happiness than material success In intellectual success lies a psychological well-being that external circumstances cannot take away You can spend all

your time accumulating wealth, but that wealth will not give you the lasting peace and security you seek On the contrary, it will bring you more unhappiness, because true happiness and peace reside in the mind, not in material possessions

If you don't take time to cultivate your mind, no amount of material wealth will satisfy you This cultivation is not torture, but rather training your consciousness to nurture the thoughts and actions that lead to happiness

Your happiness is your success, so don't let anyone steal it from you Protect yourself from those who try to upset you When I was a boy, I used to lose my temper whenever someone spread false rumors about me Later, I realized that my peace of mind is more important than people's approval or praise

Conscience is an intuitive sense that reveals a person's true nature and motives When your conscience is clear, and you know you are doing what is right, you have nothing to fear A clear conscience is a testament to good conduct from God Being acquitted in the court of conscience means possessing happiness and receiving God's blessings

If a person is not earning money, it is because they are not focusing on earning money Similarly, if they are unhappy, it is because they are not focusing on achieving happiness

The mule carrying a load of gold on its back does not know the value of what it carries Likewise, man is so preoccupied with carrying the burden of life on his shoulders in the hope of finding some happiness at the end of the road that he forgets that he carries within himself a supreme and lasting spiritual joy

(Like camels in the desert, dying of thirst while water is carried on their backs)

Because he seeks happiness in "things" he does not know that he possesses a wealth of happiness within himself

Giving duty its due

Yoga doesn't advise neglecting or shirking life's responsibilities Rather, it asks you to fill your mind with God as you play your part in the drama of life If you desire a secluded life in forests or mountains, believing you will find God by abandoning your duties, you must first be prepared and able to sit in meditation (still) all day for several days at a time Such an effort is certainly admirable for those capable of it But far greater is to be in the world, yet not of it; to fulfill your true responsibilities for the benefit of others while simultaneously thinking of God

A distinction must be made between major and minor duties, prioritizing the most important over the merely important Furthermore, no duty should contradict another The scriptures tell us

that when one duty conflicts with another, it is evidence that it is not a true duty For example, if you pursue financial success at the expense of your health, you are neglecting your physical well-being Similarly, if you become so obsessed with religion that you neglect your financial responsibilities, you are not balanced because you have allowed one duty to conflict with your obligations to your body and family And if you neglect your duty to God because all your attention is focused on your family, that is not a true duty

Many ask: "Should we first achieve material success to fulfill our worldly obligations and then seek God?" or "Should we find God first and then seek success?"

God comes first, and we should not begin or end our day without thinking of Him and reflecting deeply upon Him We must remember that without the strength and energy we receive from God, we would not be able to accomplish anything Therefore, our greatest duty is to Him If we fulfill all other obligations without fulfilling our duty to Him, He will not be pleased It is best to perform our actions in a way that pleases God

It's wonderful to think of combining the search for God with material success But unless one meditates deeply and regularly, so that their awareness of God is firmly established first, the world will overwhelm their consciousness, and they will find no time left for spiritual matters And if we don't have the certain feeling that God is with us,

our worldly duties often become a source of psychological torment But when you feel that God is with you at all times and think of Him while fulfilling your duties, you will be among the happiest of people

Blessed are those who love God, for they are in perpetual contentment and everlasting bliss

Had I not received the teachings of my mentor, Swami Sri Yukteswar, which granted me divine awareness, I would have long since lost my resolve and would not have been able to help people and build temples to seek and meditate on God Despite all this, some have sought to obstruct my path instead of cooperating with me

Whoever treats people as if he is their master whom they are obligated to obey, they will turn against him and try to get rid of him by all means and methods

But if you try to guide and advise others with genuine love, they will crown you king of their hearts And when you love everyone equally, you will be able to recognize those who respond to that love

Divine love is unsurpassed

If only you knew the story of divine love that some devotees experience with God! No other experience in life can compare to that joy I knew a saint who was constantly absorbed in the love of God, and his face radiated holy love God's eye is

always on those who love Him, and He never abandons them for a single moment

I see my beloved God in everything around me

I saw him gazing at me from the flowers and looking down at me from the moon's window

I see it in the face of nature and in the faces of those with noble souls and kind hearts

We must not neglect the Greatest Beloved, the source of all goodness, love, and grace Nor should we allow our hearts to be filled with the illusions and trivialities of this world, but rather with divine love, which revives the heart, inspires the mind, and renews the soul's strength That love is unsurpassed When divine love possesses the being of the seeker, the cells of his body rejoice, and he is filled with the greatest joy And concerning this experience, one of God's lovers sang:

When the Lord of the Universe entered a spiritual temple

Joy overwhelmed my heart, and I forgot its beats

Just as all the cells in my body forgot their assigned tasks

She was astonished as she listened to the voice of eternal life

The voice of the greatest beloved in existence the voice of God the source of life

My heart, my brain, and every atom of my being were electrified

For she was touched by the most holy divine presence

That is a brief glimpse into divine love and its effect on the lives of those who love God

The sorrows that hatred and war create and leave in people's hearts are proof that spirituality, compassion, kindness, and love are supreme forces Hatred is destructive, while love is the greatest constructive force in the universe

Therefore, my dear friends, we must recognize the futility of hatred and the folly of war, and turn to God with our whole being and love Him with all our hearts For His love bestows a success filled with complete contentment and satisfaction: a success that cannot be attained otherwise

Only love will build a better world, bring good to its inhabitants, and grant them a dignified life If nations would only cease imposing themselves on one another through misguided means, and instead embrace love and mutual support, we would witness global success, the fruits of which would be enjoyed by all the people of the earth

Think of the millions spent on killing one human being by another in wars! What a disgrace to humanity! And what could the end result be other than pain, suffering, destruction and devastation?

The only way to put an end to this human misery is through love

As long as one nation builds and develops weapons of mass destruction, other nations will try to devise even more sophisticated and lethal methods and weapons to protect themselves, and people will live in constant fear Why don't all nations cultivate love and understanding instead of fueling hatred and war? The true solution lies in a universal religion of love and understanding Love makes humanity victorious

The power behind every power

First and foremost, achieve success with the Lord of the Universe People are so engrossed in their work that they think they have no time to think about God But what would happen to a person if God withdrew His power from their body and mind? The heart would cease to beat, and the brain would lose its ability to think

God is the divine love behind every human love, the universal mind behind every mind, the ultimate will behind every will, the greatest success behind every earthly success, and the supreme power behind all powers

It is the blood in every vein and the breath behind the words

If he withdrew his power from me, I would immediately stop speaking and my voice would be silenced forever

If His power did not work in our hearts and minds, we would be lifeless corpses

Let us preserve – may God preserve you – what is beautiful… and let us remember that our first duty in life is towards God

When we fulfill that sacred duty, we connect with our source and our hearts are filled with joy; that is the greatest success and the ultimate triumph Peace be upon you

The Tale of the Ascetic King

Long ago, in India, lived a great sage named Vyasa, the author of the Bhagavad Gita, the greatest of Hindu spiritual texts Through his immense spiritual powers, he was able to summon a sublime spirit into his wife's womb As the fetus grew within her, the father imparted to the unborn child the secrets of knowledge and the essence of wisdom through his wife's subconscious

At birth, the child was named Sukdeva Thanks to the training and care of his wise father, he proved to be an extraordinary child by all accounts By the age of seven, he had memorized all the books of philosophy and wisdom and was ready to renounce the world in search of a knowledgeable teacher to acquire more knowledge

In India, the seeker thirsting for truth searches for spiritual teachers until he finds one who realizes deep down that he is the guide sent to him

by God to save him from the darkness of ignorance to the light of knowledge

When the desire for spiritual knowledge is in its early stages, the seeker receives sporadic spiritual instruction from various sources But when the longing for God intensifies, God sends him a spiritual teacher firmly grounded in divine sciences, who serves as the sacred means of guiding the aspiring seeker back to the spiritual home—to the kingdom of God within the human being

When Sukdeva decided to embark on the search for a spiritual guide, his father advised him to go to King Janaka, the governor of the province Sukdeva took his books and headed to the royal court As soon as he entered the palace gate, he saw the king sitting on a golden throne studded with rubies and diamonds, surrounded by a retinue of women fanning him with palm-frond fans (as was the custom in ancient India during the sweltering summer)

King Gnaka was then (a monji) on his throne smoking an oriental hookah, and the child Sukdeva was shocked by that sight and said to himself: “Shame on my father for sending me to this worldly king to the core! How can a man with such materialistic tendencies and character be my teacher?!”

But King Gnaka was both a king and a saint He lived in the world but was not of the world Being so

advanced in spirituality, he perceived through telepathy what was going through the mind of Sukdeva, who left his court and returned whence he came

The king-saint sent a messenger after the boy, asking him to return Upon his return, the teacher and the disciple met face to face, whereupon the king dismissed his aides and immediately engaged in a fascinating and profound conversation about God and His wonders

Four hours passed, and Sukdeva began to fidget and felt hungry, but he did not want to disturb King Gnaka, who was immersed in God’s seas and intoxicated by his love

No sooner had another hour passed than two messengers arrived, shouting: "Your Majesty, the whole city is burning, and the blazing flames are approaching the palace Would you be so kind as to supervise the firefighting efforts?"

The king replied, "I am engaged in conversation with my friend Sukdeva about the merciful God who protects all who seek refuge in Him and trust in His help I have no time to do anything else Leave me alone and go and help the others put out the fire"

After another hour, the same two messengers returned to King Janaka and cried out, "O King of the Age, we beg you to leave immediately The

palace is surrounded by fire, and the flames are rapidly approaching your chamber"

The king replied, "No problem! Don't bother me, I'm still drinking the divine wine with my dear friend Go and do what you can"

Sukdeva was astonished by the king's reaction, but he tried to remain calm, unaffected by the commotion around him A short while later, two men, burned by the flames, approached the king and shouted at the top of their lungs: "O mighty king, look! The blazing flames are approaching your throne! Flee, Your Majesty, before the fire consumes you!"

The king replied, "Go, for your own safety I feel safe and secure in the arms of God, the All-Protecting, and I am not afraid of the fire and its destructive flames"

The two men escaped with their lives, and the fire began to approach the pile of Sukdeva's books that was next to him, yet the king remained calm and unconcerned about everything that was happening

At this, Sukdeva panicked and lost his composure He rose from his seat and began striking the flames with his hands, trying to protect his precious books Then King Gnaka smiled, and with a gesture, the flames vanished as if they had never been Sukdeva was astonished by what he

saw and sank back into his seat, overcome with wonder and bewilderment

Finally, the king said calmly, “O boy Sukdeva, when you saw me you thought I was a king immersed in worldly things, but look at yourself! You abandoned the Almighty and Protecting God in order to protect your books, while I did not pay attention to my burning kingdom and palace God did this miracle to show you that despite your asceticism in the world, you are more attached to your books than to God, and more attached to my kingdom, even though I live in the world instead of seclusion and hermitage”

Sukdeva felt ashamed, and at the same time realized that this holy king was - and no other - his spiritual guide

King Ganakka then asked Sukdeva to undergo a rigorous test to teach him the art of living in the world without falling into its traps and being bound by its constraints One day, the king gave Sukdeva two bowls filled to the brim with oil and said to him: "Place a bowl in each hand and enter all the rooms of the palace with its luxurious furnishings, and return to me after you have seen all its contents But remember that I will not accept you as my disciple if you allow a single drop of oil to fall on the carpets"

The king asked two of his guards to accompany Sukdeva

That test was indeed difficult, but after two hours, Sukhdeva emerged victorious He hadn't allowed a single drop of oil to spill from the two overflowing bowls resting in his outstretched hands

The king said to him, "Sokdeeva, tell me about the details of each room in the palace"

"Royal Master," replied Sukdeva, "my mind was completely absorbed in preventing the oil from spilling on the carpets, and therefore I did not notice anything else in the palace"

The king replied, "You have disappointed me, Sukdeva! You have not passed my test I asked you to examine everything in the palace chambers and at the same time not to let a single drop of oil spill from the two bowls Go back and try again, and come to me when you are finished and tell me what you have seen"

Ten hours later, Sukhdeva returned calmly He hadn't spilled any oil and wasn't sweating or agitated as before He was also able to answer the king's questions about the palace's contents and describe the details of its rooms with remarkable precision

King Gnaka was pleased with Sukdeva's success in the exam and said in a soft voice:

"My son, it is attachment to possessions, not the possessions themselves, that is the source of misery"

O Sukhdeva, in this world we own nothing; things are given to us to use during our temporary stay on this earth Some have more to use than others, but remember that both the rich and the poor will leave everything behind when the time comes to depart A person should not live an unbalanced life, thinking only of God and neglecting their worldly duties, like focusing your mind on the oil without seeing the contents of the palace But in your second visit, you kept your attention primarily on the oil, yet at the same time you saw everything in the palace and absorbed its finest details Likewise, you must keep your mind engaged with God, not allowing the oil of wisdom to spill from the vessel of your intellect, and at the same time be active in doing what is right and doing good to help yourself and those whom God has placed in your care

Peace be upon you

Is death a beginning or an end?

Over the years and months, I conducted a thorough and continuous search until I came to know the secret of life and death and whether souls return to incarnation after they leave their worn-out bodies

For most people, this seems like nothing more than an idea, or simply a belief due to the lack of proof But I don't speak from mere belief; I have found evidence of life after death and reincarnation

Therefore, I can confirm this fact from my own personal experience

Although humans view death with horror and sadness, those who have gone before us to those happy realms consider death a wonderful experience of joy, peace, and freedom

How wonderful life after death will be! There will be no need to carry this heavy bundle of bones with all its associated pain and troubles Souls in the ethereal world retain their consciousness and rejoice in their freedom from all physical, material constraints

At death, a person forgets the limitations of the physical body and realizes how truly free they are There is a feeling of fear for a few seconds: fear of the unknown, fear of something unfamiliar to human consciousness But then the soul experiences profound knowledge and an overwhelming joy at being liberated from all constraints, especially the feeling of existing outside the physical cage

There is nothing to be afraid of, because as long as a person has not died, he is still alive, and when he dies, it is the end and there will be nothing left to be afraid of

Death is a common experience: a change that every human being goes through Let us console ourselves with the fact that death happens to

everyone, and that it is a period of rest from the burdens and worries of life

Death is a pleasant experience, but one should not wish for it as an escape from life's harsh lessons Escaping is a mistake Whatever one's circumstances on this earth, one must face them with courage and bravery When one succeeds in confronting life's challenges, death becomes a well-deserved reward

Death is not an end, but a temporary liberation granted by the divine law of justice (karma) to souls when they perform their functions well, or when pain exhausts their strength so that they cannot bear to live and continue on their path

For those who suffer (and those who contemplate), death is a release from the painful torments of the body to a state of tranquility, wakefulness, and peace For the elderly, it is a well-deserved pension earned through years of continuous work and struggle For everyone, it is a welcome rest But during this rest, dormant desires that went unfulfilled during earthly existence awaken, and the soul feels the need to fulfill them When these desires become strong enough, the soul is drawn back to earth and is reborn

Our true self, or soul, is immortal in its essence We may slumber for a time due to that change called death, but our essential identity can never perish We exist, and our existence is eternal A wave comes to the shore and then returns to the

sea without losing its essence; rather, it merges with the ocean or returns again as another wave

The body emerged from the cosmic ocean and will perish, but the essence of the soul that dwells within the body will never cease to exist for eternity For the annihilation of that divine essence is impossible

Why do we cry when our loved ones die? Because we grieve our loss If our loved ones have left us to study in schools better than the schools of life, we should rejoice for them instead of grieving for them Grieving for departed souls keeps them bound to earth by the ropes of our sorrow, hindering their progress to higher levels of God's boundless horizons

Death comes to those who work hard and diligently in life as a promotion to a higher status and rank And for those who fail, it also comes to give them a new opportunity in a new environment to try again and achieve success

Those who are unenlightened see death as a thick wall that forever conceals their friends and loved ones behind it But those free from attachments and selfish desires, who love others as human expressions of God, understand that in death their loved ones return to God to breathe in His vast expanse the breezes of freedom and pure happiness

We should send loving thoughts to those who have passed on and ask God to grant them peace and comfort in their new world This can be done by focusing intently on the point between the eyebrows and sending a spiritual message to our loved ones in the afterlife We should also send them thoughts of encouragement and love If our messages are continuous, they will surely feel them and reciprocate our feelings For they, in turn, think of us and long for us, just as they rejoice whenever we remember them and send them messages of love and longing

And the day will come when God reunites those who love each other, and we will then know that this human life is not all that exists, but merely a link in the chain of an eternal and unbroken relationship with our friends and loved ones in this life and the next

Peace be upon you

fair result

The mind creates and innovates everything, therefore it must be properly guided so that it does not create

Only good ideas and things If you hold onto an idea, with will and determination, it will

It will take on a visible and tangible form when a person is able to use their will for purposes

Always being useful and constructive, he becomes the master of his destiny

There are three important ways to charge your willpower and make it strong and effective:

Choosing a simple job or profession that was previously impossible to practice and master, and the determination to

Success in that job or profession

First, ensure that what has been chosen is achievable, and then do not give up in the face of failure

And failure

Focusing efforts on a single goal and utilizing all available energies and opportunities to achieve it

That's the goal

It is very important to always ensure, deep within the quiet self, that what one desires and strives for

His request is in his best interest and in accordance with divine will Then he can use his full power

His will to achieve his goal, while keeping his mind focused on God, the source of all power

And achievements

Fear weakens the energy of life

The human mind is a vast storehouse of energy or vital activity This activity is

Its constant use in muscle movements and the functioning of the heart, lungs, and diaphragm

Cellular metabolism and blood chemical reactions, and in the functioning of sensory organs

(Nerves) In addition, a large amount of vital energy is expended in

Thought, emotion, and will

Fear weakens vital activity It is one of the fiercest enemies of the active will Fear is based on

By squeezing and obstructing the life activity that normally flows regularly towards the nerves, it appears as if

It has become paralyzed, so the body becomes lethargic and its vitality decreases noticeably and significantly

Fear doesn't help you get rid of the cause of your fear It weakens the will and overstimulates the brain

To send a hindering signal to the body's organs Fear grips the heart and impedes the process

Digestion causes many physical disturbances When consciousness remains focused on God

We will fear nothing and we will be able to overcome every obstacle and hurdle with courage and faith

A wish is a desire lacking the energy An intention is the resolve to do something: to fulfill a wish or

Desire Will, on the other hand, can be expressed by saying: "I work tirelessly until I achieve what I want"

"I want it" When a person trains their will, they can unleash forces of vital activity

And guiding it, not just wishing for something without doing what is necessary

To obtain that thing

New efforts after failure yield real growth

Even failure should serve as a catalyst for willpower and for physical and spiritual growth When failing

For any project, it is beneficial to analyze all relevant factors, situations, and circumstances to eliminate them

Completely eliminating the possibility of repeating the same mistakes in the future Disabling failure is the most appropriate approach

And the most fertile season for sowing the seeds of success

Blows and punches from circumstances may cause bruises and contusions, but one should maintain composure

Upright and with our heads held high We must not give up trying, but rather try again

Other than that, regardless of how many times we fail We must strive when we think that

We have no strength to struggle any longer, until we feel deep down that we have done our best

We did our best, and we will do our utmost until our efforts are crowned with success

We must persevere in the battle of life until the end, using our mighty willpower

Overcoming all of life's difficulties

New efforts following failure do lead to real growth, but those efforts must be coordinated and fueled

With careful attention and effective dynamic will

Even if you have failed so far, it is unwise to stop fighting and consider failure as fate

And by fate It is better for a person to die fighting than to cease striving as long as he has time

He can accomplish more, because his efforts will continue into a new life even after his death

Success and failure are the fair outcome of what a person has done in the past, in addition to what

He is doing it now Therefore, the ideas of success must be awakened and recharged from past incarnations

With activity and vitality to be able to control thoughts of failure in present life

The difficulties and troubles faced by a successful person may be greater than those experienced by others

The unsuccessful person faced it But the first one trained himself to reject the idea of failure altogether

And in detail all the time

The mind must be shifted from frustration and despair to victory and triumph, from worry to tranquility

From intellectual confusion and psychological anxiety to mental focus, from confusion and turmoil

To peace, and from peace to holy spiritual bliss

When you possess this self-knowledge, the purpose of your life will have been crowned with success and achieved

Glorious

The necessity of psychoanalysis

For those who wish to succeed, we offer this advice:

Another secret to success is psychoanalysis Introspection is a mirror through which one can see

The hidden depths of your mind, which would otherwise remain concealed from you, are revealed Try to identify the points of failure

Distinguish between good and bad tendencies and inclinations Use self-analysis to understand where you stand now

What do you want to achieve, and what obstacles stand in your way? Define the nature of your actual work

Know your purpose in life Strive to possess all the qualities of an authentic personality

And the noble one, unmoved by passions and desires, while keeping her mind in harmony and accord with God

You will progress quickly, safely and confidently on the path towards your desired goal

The ultimate goal is to find the path to God But there are duties and responsibilities

These things must be accomplished and fulfilled in this world Willpower coupled with initiative will help us

To define those commitments and fulfill them to the fullest extent

The power of creative initiative

What is initiative? It is a creative ability within a person: a spark from the creator

Infinity grants the ability to create something that no one else has ever created before, just as it grants

The motivation to do things in a new and creative way The achievements of a person with a spirit

The initiative could be as brilliant and astonishing as a shooting star And it seems to be creating something

From nothing, it proves that what seems impossible is indeed possible using

Man is the greatest creative force of the spirit

The spirit of initiative and innovation enables a person to stand on their own two feet, free and independent;

One of the features of success

God's image is in everyone

Many people excuse their own shortcomings while relentlessly condemning others We must reverse this

The position is to overlook the faults of others (that are not harmful to people) and put our own flaws under

The microscope

It is sometimes necessary to analyze others, but in such a case, one must keep one's thoughts to oneself

Free from bias and discrimination Fair and impartial thought is like a mirror

The clear, unwavering mirror, unshaken by hasty condemnation And all that appears in that mirror

It will appear as it truly is, without embellishment or distortion

Let us see the image of God in every human being, regardless of race or creed We will taste the sweetness of love

The sacred is when we feel our unity with humanity, not before In mutual service

We forget the small self (the ego) and touch the one great self that has no limits or restrictions

To her: The divine spirit that unites all humans and brings them together

Intellectual habits control human life

Human habits have the power to accelerate or delay success It's not fleeting inspirations or

Bright ideas, indeed daily mental habits, determine the course of our lives

Mental habits are a mental magnet that attracts certain kinds of things and people to us

And circumstances Good thinking habits enable us to attract favorable and beneficial opportunities, but

Bad intellectual habits bring us closer to those with worldly temperaments and inclinations, and to circumstances that are not

Recommended

Bad habits can be neutralized and their power neutralized by avoiding anything that might trigger them

Or revive it, without constantly focusing on it After that, the mind should be directed towards the habit

Kindness and working to continuously develop it until it becomes an integral part of our lives is something we can do

Trust him and rely on him

Within us are two opposing forces in a relentless struggle: a force that compels us to do what we shouldn't

We do it, and others suggest to us what we should do, things that seem more

Difficulty The first voice is the voice of evil, while the second voice is the voice of good or God

Through the hard daily lessons we learn, we clearly see that bad habits nourish a tree

Endless material desires, while good habits nourish the tree of wishes

And lofty spiritual aspirations Efforts must be focused more and more on proper development

For the blessed spiritual tree, so that one day we may reap the fruits of mature self-knowledge

Appetite

If a person can free themselves from all kinds of bad habits, and if they can do all

What is good and noble is love through nobility and kindness, not because evil brings sorrow and regret

He will grow in spirit and advance along the path

A person will be free when they willingly and by choice abandon their bad habits They will only be free when

He becomes a master, capable of giving orders to his feelings, thoughts, and will to do what is necessary

He did it, even if it went against his wishes In that power of self-control and self-mastery

The seeds of eternal freedom lie within

I have mentioned several important features of success so far: positive thinking, proactive will,

Psychoanalysis, initiative, and self-control Numerous books emphasize one or more of these

More than these features, but it does not acknowledge the divine power behind the factors

That's success Alignment with divine will is the most important element in achieving success

Divine will is the force that moves the earth and everything on it, and the universe and everything in it It is the will of God

It is God who propels the stars in space, and it is His will that sets the planets on their paths

And the cycles of birth, growth, and decay govern all forms of life Blessed be God, and blessed be His will The wise and all-knowing

Peace, mercy and blessings of God be upon you

spiritual ecstasy

The actual experience of spiritual ecstasy

God has endowed us with the power of spiritual inspiration: the ability to experience the joy of His presence within us But the evil forces of existence have devised various forms of false and deceptive imitation The temporary euphoria of alcohol and drugs is a counterfeit of true spiritual experiences The use of alcohol and drugs often leads to indulgence in sexual practices that prevent the attainment of spiritual inspiration by restricting the mind with intense physical awareness

Many people drink alcohol to dispel worries and erase painful, disturbing memories But this kind of forgetfulness robs a person of their innate spiritual wisdom—yes, it robs them of the very strength that helps them overcome their problems and find lasting happiness

God is the source of joy and happiness, and He wants us to seek His ever-renewing bliss and find it within ourselves

There is a deceptive, satanic cosmic force – Satan, Iblis, the Antichrist, or the Antichrist – that relentlessly tries to tamper with all the beautiful and sublime manifestations and concepts in this universe

Throughout creation, we see the dual forces of good and evil opposing and contradicting one another: God created love, and the demonic force created hatred God created kindness and generosity, and the demonic force created selfishness and self-love God created peace and

harmony, and the demonic force created discord and conflict

Knowing this, the seeker must understand that alcohol and drugs are extremely harmful to his happiness because they obscure true spiritual joy and damage brain cells, negatively impacting his intelligence and discernment Even a single dose of alcohol or drug use can lead to addiction, especially if there is a predisposition to these harmful substances from past lives Evil things must be avoided because they are evil

When you experience true spiritual ecstasy, you will find that no other experience can compare Parents should always strive to instill spiritual awareness in their children by teaching them meditation and conscious discernment, lest they succumb to the temptation of playing with the fires of deceptive and false pleasures

True bliss is endless But the pleasures derived from alcohol and drugs are fleeting and leave only regret and destructive feelings in their wake

Every night, during our peaceful and restful sleep, we experience a taste of peace and joy When we fall into a deep slumber, God allows us to live in a sublime, tranquil state of consciousness, in which we forget all the worries and anxieties of this world In meditation, we can experience this blessed state of mind even during our waking hours, and taste a peace on another level

When divine joy descends, my breathing becomes calm, and my spirit soars, experiencing the bliss of a thousand sleeps at once, yet I do not

lose my ordinary senses This cosmic experience is reserved for those who delve deeply into attaining the highest state of consciousness

When your being is filled with the overwhelming ecstasy of God, the body becomes completely still, the breath stops flowing, thoughts become calm, and even gradually fade away The meditator feels the reality of his soul and his closeness to the Creator, so he drinks from divine bliss and tastes the ecstasy of joy that a thousand doses of wine cannot provide

The average person feels drowsy at the boundary between wakefulness and sleep, experiencing a brief sense of well-being, but this feeling quickly fades as they drift into a deep sleep Sleep is not a complete loss of consciousness because, while awake, you know whether your sleep was restful or not

There are many states of sleep—some light, some deep But the spiritual experiences a person has with God in a conscious state are more exhilarating and refreshing than the greatest bliss of sleep or slumber (the drowsiness or sleep that precedes falling asleep)

Beyond the mysteries and mysteries of sleep lie these sacred joys

I can remain in any state I desire I often remain between the world of sleep and the awareness of the world: in a sublime state

The human mind has a vast, limitless scope, but one is often unaware of it I can experience two states simultaneously: deep sleep and full

wakefulness Or I can sleep, dream, and hear everything happening around me at the same time

Sometimes I sleep like an ordinary person I can also sleep and observe myself fully conscious In the higher state, your body and mind are asleep, yet you are fully aware of everything that is happening This is only possible by cultivating the ability to consciously and deliberately enter the higher state of consciousness and consciously and deliberately return to the normal state of wakefulness

There is absolutely no need to fear leaving the body without the possibility of returning through meditation, inner peace, or imagination This idea, promoted by some, is unfounded Attachment to the body is so strong that it is not easy to escape it Even if conscious awareness fades, it is not possible to leave the body completely as long as the subconscious mind remains connected to it

If you visualize something too intensely, that thing will become a hallucination, devoid of any subjective reality The difference between imagination and self-knowledge must be understood The essential proof of divine self-knowledge—of God's awareness within you—is to be truly and unconditionally happy

If you experience increasing and continuous joy in meditation, know that you are experiencing God's presence in your soul However, if there is a pause or interruption in the flow of sacred happiness, this is evidence of a foreign element in

your consciousness that must be eliminated in order to restore inner joy

The spiritual teacher, who truly knows God, has one desire: to offer spiritual guidance to those who seek it, encouraging them to think of God and draw closer to Him in heart, soul, mind, and deed All who resonate with him receive God's blessings through him, for he is merely a humble instrument in the hands of God Almighty

One cannot be with God simply by thinking one has attained spiritual enlightenment Self-improvement and moral refinement are essential prerequisites for reaching higher states There is a vast difference between knowing God in a possible way and knowing Him in a real way It is only through humility, wisdom, sincerity, virtuous character, and heartfelt longing that one can truly know God It is the humble who come to know God and whom God acknowledges

Those who delve deeply into cosmic consciousness naturally develop extraordinary spiritual abilities and control over natural forces However, no one who attains true divine consciousness uses their powers for boasting and showing off, without wisdom or prudence

Wise people understand that God is the sole agent in existence And humbly, they attribute to Him the extraordinary gifts He has bestowed upon them

Isn't everything in existence a miracle? And isn't man, just by virtue of his existence, also a miracle?

If human beings are not satisfied with all the wonders that God has created, why should saints perform more miracles?

The righteous saints of God do not do anything unless God asks them to do it, and sometimes for reasons that are obscure and difficult to understand

I will illustrate with an example how higher consciousness differs from subconscious consciousness

Higher consciousness is that state in which you can – while awake and asleep and fully conscious – induce any sensation in the body by will and without any external stimulus

In the realm of unconscious imagination (the dream world), you can drink a cup of hot milk, but this experience is imposed upon you In higher consciousness, you can experience the same thing, or anything else, through conscious will

Unless one is able to do so, one should not deceive oneself into thinking that one has reached the heights of higher consciousness The path may seem long, but a journey of a thousand miles begins with a single step And as long as one remains optimistic, no obstacle can prevent the achievement of the desired goal

Millions of people are captivated by the wonders of the subconscious mind that unfold during sleep But in a higher state, you can see or know what you desire, not through imagination, but through reality I can sit in this chair and shift

my mind to any place and see exactly what is happening there

Sometimes disciples live in the subconscious, and sometimes they ascend to higher consciousness And there is a select few who are able to transcend higher consciousness and attain cosmic consciousness: the realm of the divine spirit, which has no origin or cause

In a state of pure spiritual awareness, the seeker needs no prior imagination to experience things When they unite with cosmic consciousness, their awareness expands and merges with every atom of existence, becoming consciously aware of the entire universe and all beings This experience is an endless extension of consciousness Those who experience this awareness feel present in the fibers of grass and on mountaintops, as well as in every cell of their body and every atom in space

But cosmic consciousness is beyond that as well

When a person can feel their presence in all of existence

Joy also knows what lies beyond existence

It unites with the all-encompassing divine consciousness Peace be upon you

Insight

Insight is the means by which we can perceive the world of Forms, which is not perceived by the

five senses or by intellect It is true that the world of Forms appears in and through the sensory world, and it is true that knowing the latter means knowing the former, but there is a difference in how the two are known

Can we truly know the sensory world in all its dimensions through sensory perception or thought alone? Certainly not There are infinite truths, phenomena, laws, and relationships, both in nature and within our own bodies, that remain sealed books and hidden secrets for humankind So how can we possibly comprehend the spiritual realms that lie beyond all thoughts and sensory perceptions?

Insight springs and operates from within the soul, while thought comes from without Insight allows us to stand face to face with the truth, while thought gives us an indirect image of it

Insight sees the truth as a complete whole due to a strange and wonderful connection (between it and the truth), while the mind works to divide and fragment the truth

Every human being possesses the power of insight, just as they possess intellect And just as thought can be trained and refined, so too can insight be cultivated and developed In insight, we are in complete harmony with truth **The world of bliss** , with unity in number) and with the inner laws that govern the spiritual world, and we are also in accord with God

How do we ascertain our existence? Is it through sensory perceptions? Do our senses inform

us of our existence and reveal the source of our awareness of being? Of course not The feeling of existence is not dependent on the senses, which cannot be consciously aware of anything without our first understanding that we are part of the process of sensation itself

Do sensory perception and the process of thinking tell us that we exist? Certainly not, because the data of the mind consists of sensory impressions and they – as it turns out – are unable to prove to us that we exist

The act of thinking cannot grant us awareness of existence because existence is inherent in the thinking process itself When we compare ourselves to the external world and attempt to reason or deduce that we exist, the awareness of existence is present within the very act of thinking and reasoning Given the limitations of thought and the inadequacy of the senses, how can we know that we exist? The answer lies solely in the insight of the soul This knowledge is a manifestation of intuition It transcends reason and the senses, which have no existence without insight

Insight is difficult to define because it is so close to all of us Each of us feels it Don't we know what existential awareness is? It is so familiar as to defy definition If you asked someone how they know they exist, they wouldn't be able to answer They know, but they cannot define it They might try to explain and express it, but their words cannot convey what they feel within themselves

Insight possesses this capacity in all its forms and manifestations

The fourth method, explained elsewhere, is based on insight The more we pay attention to it, the more we will know God

Through insight, one comes to know God, and a connection is established between the sensory and ideal worlds The latter is perceived in and through the sensory world Then the influence of the senses fades, disturbing thoughts disappear, and we come to know God—the source of bliss—and within us dawns an awareness of the One and All in One This is the insight possessed by the prophets, great figures, and sages of the world

The third method, or the contemplative method described earlier, also takes us to the world of insight when we practice it diligently and actively, but it is an indirect method and requires more time to create in us what happens through direct insight or knowledge

Therefore, through insight we can know God in all His manifestations Our senses are incapable of revealing Him to us, for they only perceive His outward appearances No intellect or reasoning can truly know God, for the intellect cannot transcend the information and data of the senses It can only organize and interpret sensory impressions

When the senses fail to bring us closer to God, the intellect also fails because it relies on them Therefore, we must turn to inner vision to reveal God in His blessed form and His other manifestations

However, there are several obstacles to this intuitive perception, such as illness, mental weakness, doubt, laziness, material ambitions, deviant thoughts, and instability These obstacles are either inherited or acquired through association with others Our inherited inclinations toward harmful and unhealthy things can be overcome through strong mental effort, just as we can overcome failure and frustration through willpower With the right effort and the company of good people—those devoted to God—we can uproot bad habits from the garden of the soul and plant good ones in their place

Unless we accompany those who have seen, touched, and understood the truth in their lives, we may not know what that truth is

The spirit of inquiry is inherent in everyone, and every person in this world is a seeker of truth, which is his eternal heritage, and he is constantly searching for it, wisely or foolishly, until he finds it and recovers it completely

It's not too late Those who strive will succeed, and those who persevere will reach their destination!

The invisible human

Master Paramhansa Yogananda

The very idea of humans as beings invisible to the naked eye seems unnatural and illogical We are visible to ourselves every day as physical beings But there are many ways in which we reveal our hidden, essential nature

For example, if you close your eyes, your body becomes invisible to you So how do you know you exist? You feel the weight of your body, and you can hear, smell, taste, and feel, but you are only truly yourself in thought and feeling You are a hidden core around which many thoughts revolve Now open your eyes The question is: are you the form you see, or the inner being you felt just a moment ago with your eyes closed?

The visible human being is not of great importance The hidden self, or soul, is what truly matters While sleeping, you are unaware of the visible human being, but you are aware of yourself because upon waking you know whether your sleep was peaceful and restful or not Therefore, your hidden self is real Without this invisible self, your visible image would have no meaning or significance

Without the hidden self, the body would be worthless, like a lifeless corpse or a rigid carcass

The hidden, inner self is the true one Yet, strangely enough, people make no attempt to analyze the nature of this hidden self! Their attention is entirely focused on the physical form, which they can easily touch and see Therefore, they spend their days and nights attending to their physical body and its needs, never pausing to consider that the unseen inner self is the true reality

Within the physical body lies a body of light with the same likeness Although invisible to human

sight, it is the planetary or ethereal envelope of the soul

People who have had a finger amputated feel as if it were still there Anyone who has lost a limb knows this sensation There is a hidden, ethereal counterpart or counterpart to every organ in the body Behind the physical heart lies a hidden heart, without which the visible heart could not beat Humans possess invisible organs of sight, hearing, brain, bones, and nerves These organs, which are the tissues of light and activity, constitute the invisible planetary body of the human being The planetary or ethereal body is exactly like the visible physical body The difference is that its luminous, vital form is extremely subtle

When the body is afflicted with a disability, one should not convince oneself that one's sight is gone or that one has lost a hand The unseen eyes and hands are still present Although the physical arm may be paralyzed, the unseen arm is not disabled Never believe that the unseen organs are affected in any way by the illness of the physical organs, because negative thoughts will prevent the flow of conscious vital energy to the organs of the physical body

The electric current flows through the wire Which is more important: the wire or the electricity? The wire exists simply to allow electricity to pass through it The existence of electricity does not depend on the wire Similarly, the body exists to be used by the unseen being, the soul, and not the other way around

Unfortunately, this hidden self is bound to the body! Otherwise, we could walk on water, fly in space, and return to the body

The ethereal body of the veiled self possesses sensory perceptions far greater than its physical counterpart Humans have created machines that, in some cases, are far superior to the physical body, which is limited by numerous constraints But as your awareness of the ethereal body develops, you will find that it can hear what the ear cannot hear and see what the eye cannot see It can also smell, taste, and touch things far beyond the realm of the physical senses

People are always concerned with and interested in the lamp of the physical body without it ever occurring to them to search for that secret electricity that lights that lamp

The visible human being is composed of sixteen elements: chemical substances that can be purchased on the market! The physical body is of little value in terms of its constituent elements It is high time that humanity cultivated a better understanding of the unseen human being This hidden human being is the one who possesses abilities, thoughts, and companions the one who loves and thinks and without him, the physical body possesses nothing but the chemical elements from which it is composed

The spotlight of the mind must be directed inwards, away from the captive, visible human being

The physical body suffers from back pain and cramps, and also deteriorates and decays with age It is constantly wailing, moaning, and yearning for this or that

The visible human being cannot withstand a violent, bone-crushing fall, and sometimes shrinks from the mere prick of a small pin

The invisible human being is unharmed He is free and unrestrained He can dispel all the troubles and annoyances of the physical body

The hidden human being within us is our true self

That being that lies behind the atoms of the body is the soul, which does not change, does not alter, and is never subject to fluctuation or annihilation

A person might think they are the body, but they are not A piece of ice can be melted and disappear from sight through evaporation This process can be reversed by condensing the vapor into a liquid and then freezing the liquid back into a solid

Living solely in the awareness of the physical body is spiritually detrimental because the body is susceptible to the pains of illness, injury, hunger, and death We must not convince ourselves that we are merely this visible body, subject to decay and ruin

The hidden humanity within us cannot be killed or harmed Shouldn't we strive harder to understand our unknown, eternal nature?

By increasing our knowledge of this hidden self, we will be able to control the visible human being, as the great masters do Those who feel their sacred powers and sense the presence of the hidden, inner self can detach themselves from physical suffering, even when the visible human being is in distress and danger

What is the path to achieving that sovereignty?

More time should be spent in the tranquility of contemplation and peace This may seem undesirable at first, because living with a conscious awareness of the body and an excessive identification with its sensations makes it difficult to think of anything other than one's endless troubles, desires, and needs But a new dimension will open up in human consciousness when one affirms their spiritual identity and convinces themselves that they are indeed created in the pure image of God, that their life cannot be destroyed in any way, and that they are the hidden, eternal being

That invisible human being is formed in the image of God, free as the divine spirit In the visible human being lie all the world's constraints and troubles As soon as we become aware of our bodies, we are bound by their limitations This is why the great ones teach us to close our eyes and remind ourselves—through meditation on the hidden self—that we are not bound by the limited physical capabilities of the body

I have often affirmed with great faith and conviction, "I am not bound by my physical body Wherever I want to go, I am there immediately"

You might say, "That's just an idea" Fine But what is an idea? Everything you see around you is a concrete idea You can't conceive of anything without thought Thought itself is invisible, yet it makes everything we see real So, if you can control your thoughts, you can make everything visible, and you can see everything through the power of your mental focus

When you focus your mind intensely and deeply, you can see with your mind's eye what you're thinking about, just as if you were seeing it with your physical eyes Unseen thoughts can be transformed into visible experiences

If you close your eyes, you cannot see your body, yet it remains real to you So why do you think the hidden self is unreal simply because you cannot see it?

In meditation you gaze into the darkness behind closed eyes and focus your mind on the hidden self or soul within you

By practicing self-discipline and turning your mind inward according to the scientific meditation techniques provided by your spiritual guide, you will gradually grow spiritually Your meditations will become deeper, and your unseen self—the spiritual image of God within you—will become real to you In this blissful awakening of self-knowledge, the limited physical consciousness that was once so real becomes unreal, and you learn that you

have discovered your true, invincible self and realized its oneness with God

You will also realize how the invisible human being is bound to the physical body by attachments that are mental and emotional cords and desires for specific things on the earthly level

But when, through deep meditation, you can unravel or sever those chains, you will be freed and you will know that you are the image of God Seek the unseen human being imprisoned in the forest of physical and material sensations

If you knew that invisible human being just once, you would realize that the physical body is his outer shell, and that he has a luminous body and also an inner intellectual body, and you would also realize what a strange being you are!

Focus your thoughts on that unseen self The visible human being is an illusion and a deception The inner or unseen self is the true one When you realize this, you will know that you are not flesh and blood, but the hidden self that is beyond the reach of decay and destruction

You are a soul, and the soul does not die! Do not think that the grave is your end When the physical body dies, the soul moves to another level of existence Nothing is truly destroyed The original form of the body is ever-present in the ether

People feel that their departed loved ones have gone forever because they lack the mental focus to see them in their translucent forms in the ethereal realm where they reside Always reflect on these truths, and repeat to yourself—if you are

interested in these matters—"I am God's luminous design I am eternal and ever-wandering in God's kingdom"

You are that hidden being whom death cannot touch and misfortune cannot affect, and you will remain so for all eternity So why do you not realize your immortality now?

Our physical eyes deceive us into thinking this dual world is real Open your spiritual eye and see your unseen form When your spiritual eye opens in the stillness of inner silence, the hidden will become visible

When you are thinking, dreaming, and deeply focused, you are the person who remains hidden from view That person is the real one, and the visible person is merely their shadow

Forget the shadow and remember the real thing

Be one with the unseen person

The pure image of the Lord of all creation!

Peace be upon you

Introducing cosmic consciousness

Cosmic consciousness cannot be attained as long as there is even a slight intellectual tremor or a minor wave of mental anxiety Scientific meditation techniques greatly improve the quality of mental focus and enhance one's ability to control their thoughts, thus saving them years of fruitless wandering in the realm of the unconscious We do not deny the unconscious's usefulness as a repository of memory and as a realm of sleep and

dreams However, this realm can be an obstacle to meditation, and it holds its own allure for those prone to fantasies and inclinations to connect with the spirit world by entering the realm of imaginative hallucinations that have no reality or spiritual value and are not much different from ordinary dreams during the night Scientific meditation methods, in addition to personal effort, elevate the mind to a sublime state of self-knowledge and harmony with God

What should be avoided is that realm teeming with illusory, imaginary experiences that some mistake for spiritual ones, but which are anything but spiritual True spiritual experiences and genuine realization of truth cannot be attained without focusing the mind on God Contemplative concentration is a state of complete mental absorption and total stillness of consciousness The nature of existence is movement, while the nature of the spirit is stillness or immobility Concentration, therefore, is essential for sacred harmony The methods and arts of concentration and meditation taught in the lessons of self-knowledge lead to the complete alignment of human consciousness with divine consciousness

The world's way is to preach a lot and put a little into practice You might hear a lecture about honey a hundred times, but you won't know its flavor until you taste it Similarly, the true value of any teaching can only be appreciated through practice We must apply and live by the teachings

of prophets and great figures Then their truths will become our truths, and we will realize that truth can be proven and demonstrated, and that it is universal When we walk in the light of truth, whatever our beliefs or path, God will accept our work and include us among His chosen ones

One must walk the path of truth with sincerity and steadfastness Remember, dear seeker, that among millions of people, only a few truly seek God And even among those seekers, only a small number persevere until the end But the one who persists on the path will come to know God As long as their heart is with God, they will reach their desired goal, no matter how many times they stumble and fall As long as their intentions are pure and their motives are clean, they have nothing to fear, nor will they grieve

Thus, we must do our utmost to make contemplation of God a lived experience in our lives Sincerity in faith is an essential and indispensable requirement, for mere pretense only increases one's arrogance and distances them from their true purpose

I hope that God Almighty will occupy the first place in your lives and that you will never forget Him, not even for a moment May you not be content with the fleeting pleasures of this world, but rather make God your blessed destination and your ultimate goal in life Behind the limited body lies the infinite Absolute I do not speak of spiritual matters unless I feel God with me and that I am in

perfect harmony with Him And when I speak from that awareness, I know that my words are imbued with the spirit of truth, and that all sincere seekers will sense the truth of what I say

There are those who confuse facts with illusions, insisting that facts are myths and illusions, and that illusions are facts and lights shining in the darkness

The ability to focus is indispensable on the spiritual path for progress and spiritual growth Without mental focus, one can never find God We must learn to close the windows of consciousness to prevent the entry of other earthly voices and distractions

When consciousness is calibrated and spiritually tuned, a experiential connection is reached, and the seeker feels the divine presence God is always and forever with humanity and everywhere However, the inability to perceive His presence stems from the mind's preoccupation with many purely worldly matters Focused attention, or meditation on God, is the tool that enables us to feel His nearness To this end, Sufis engage in continuous remembrance, repeating the name of God (such as "There is no god but God" or "O Living, O Self-Subsisting") until their entire being is absorbed in the meaning Their consciousness then easily transitions to the spiritual dimension, and they experience states of spiritual ecstasy similar to those experienced by

yogis in deep meditation The spiritual experience is one, despite the different means of attaining it

God is not far from humanity It is humanity that deliberately distances itself from God through its thoughts and actions When you perceive a true spiritual light in meditation, try to grasp it and feel that you are within it: one with it God is at the heart of that light—light upon light And the closer you draw to that blessed light, the closer you draw to God

A distinctive sign of divine light is that its vision is always accompanied by an immediate and intense feeling of bliss or joy that permeates every atom in every cell of every tissue of the body This feeling of bliss is not illusory; rather, some find it difficult to bear the intensity of spiritual ecstasy because the mind and body are unaccustomed to it This ecstasy is the ultimate goal, and blessed are those who taste its nectar, for they have drunk from the spring of the living water of life

The more peace one feels while concentrating, the more profound and successful their meditation on God will be If the time spent reading spiritual books were instead devoted to meditation, the progress, both mentally and spiritually, would be far greater Serious seekers reduce their sleep and dedicate more hours to meditation because the rest they experience in meditation is a hundred times more invigorating and refreshing than sleep

Unless a person can silence the voices in their consciousness, they cannot reach God This is why prophets and saints sought refuge in caves, mountains, and forests There is a pressing need to repeatedly immerse oneself in inner stillness through the practice of concentration and meditation, and then great peace and profound happiness will be found As the wisdom texts say:

The one who is free from renewed desires and longing for possessions, who controls his heart and mind (his emotions and thoughts) and seeks a quiet place, must always try to unite with the universal spirit

There is also a need for greater practice of contemplative silence in places of worship We should speak less and meditate more During my spiritual training in India, my teacher, Sri Yuktiswar, would only give us one lecture occasionally Most of the time, we would sit around him in silence and deep concentration

A true spiritual guide possesses more than just written knowledge From him, we can learn wisdom and monotheistic knowledge because he knows and knows that he knows, because he knows the truth in and of himself, and he has not merely read books

Space is divided into two parts or aspects Creation is one aspect of space, and on the other aspect is God alone, where creation does not exist at all That is the realm of darkness that is not dark

and light that is not luminous Where no sun rises, no moon shines, and no fire blazes, there is the eternal, everlasting abode of God

This duality also applies to human consciousness The human being has two aspects: one visible and the other invisible With open eyes, you perceive manifest existence and see yourself within it With closed eyes, you see nothing but a dark void Yet, your consciousness remains highly perceptible and active If, through deep contemplation, you can penetrate the darkness behind closed eyes, you will perceive the light from which all creation emanated In a state of spiritual ecstasy, consciousness transcends manifest light and enters the realm of universal consciousness, which exists behind all forms and shapes of creation This consciousness surpasses all sensory perception As for its essence, its bliss, and the states associated with it, it is difficult to give them their due in precise description because they belong to a spiritual dimension rarely visited by people, despite the existence of its truth and the truth of its being

God has given us the opportunity to experience, in our consciousness, the very way in which the laws governing the universe operate This formless state of consciousness, perceptible even with closed eyes, can be compared to the infinite realm (darkness without darkness) and (light without illumination), where God exists apart from any of the forms, attributes, and dualities that

characterize His material creation In this boundless expanse of eternity beyond creation, God alone exists in a consciousness of absolute bliss, perpetually present, conscious, and renewed This consciousness defies description and comparison because it is utterly unique In this realm of eternity, where the Absolute and the Infinite reign supreme, there are no worlds or creatures of any kind But on the other side of space, God senses everything—all of creation—within Himself

In the realm of the unseen lies the factory of universes One astronomer remarked that space is truly astonishing; everything emanates from it and dissolves within it So, where do atoms, their constituents, and entire worlds vanish to?

Whenever matter seems alluring and seductive, close your eyes Look within yourself and contemplate the source of life You may see nothing and feel nothing, but all visible things emanate from that unseen source (And light shines in the darkness) (The Light of the heavens and the earth) If you continue to gaze into the darkness with quiet, deep concentration, you will find that great light For beyond the darkness lies spiritual awareness, and beyond the darkness lie other realms (In my father's house are many mansions) (And the home of the Hereafter is better, and how excellent a home for the righteous!)

The Universal Mind exists directly beyond space Beyond human consciousness lies the consciousness of God Enough of this ignorance of

His presence We must stir and churn the darkness through contemplation and not stop until we find Him There, in the infinite Absolute, are countless perceptions, innumerable inner visions, and solutions to all of life's problems

The truths I have come to understand through introspection reveal physiological laws that are discovered scientifically through other means When I close my eyes, I can see the transparent currents of life flowing through my body Do not think that you are alone in the stillness you are experiencing God is with you, and there is no reason to think that He is not The air is filled with music that is picked up by receivers So it is with God He is with us in every moment of our existence But to perceive His presence, we must practice deep meditation We should not let our eyelids close in sleep before we receive even the slightest sign that God is with us; only then can we sleep soundly and peacefully And you, who yearn and long, gaze intently into the darkness until you discover its wondrous mysteries

Once, I was sitting in my library around four in the afternoon when suddenly my breath vanished and my limbs stiffened I found myself witnessing the process of death Breath and movement left my body, yet I remained conscious It was a wonderful experience I saw my body and all of nature as moving cosmic images composed of divine light And I exclaimed joyfully, "There is no death, my

God! This whole world is nothing but a moving image gallery!"

The ruler sitting on his chair or throne may say: "I am the obeyed master heads bow to me" But let death deliver to that obeyed master one of its fatal blows and he will become a thing of the past

My friends, the true king is he who loves God, feels His presence in all of creation, and cares for others as he cares for himself Even death will not cause him panic or fear, for he sees it as a passage to the kingdom of God (where they will abide forever)

There are three ways to expand human consciousness to cosmic consciousness The first is the social way, where we banish selfishness from our souls and are fully prepared to help people and serve those in need We must be loyal and faithful to our friends and feel love for everyone God has given us families so that we may extend the boundaries of our consciousness by showing genuine concern for others and working for them We learn love and sacrifice for our loved ones in family life, and thus we achieve some expansion in our consciousness But this is not enough Love that confines itself to a narrow circle becomes restricted and incapable of expansion When it becomes impersonal, its circle grows and its reach expands This kind of love must be nurtured, and we must try to give everyone the same love we feel for our family and loved ones, working for

others just as we work for ourselves (God loves those who do good) This is the social way to attain cosmic consciousness—the way of service and love

God loves us equally as one great cosmic family and expects us to love one another If we love, we feel happiness; if we do not love, we punish ourselves with pain and suffering

The world's thinking must change We are all because our true nature is inherently all-encompassing

I find joy in giving to others and experience the greatest happiness in witnessing their happiness When we love others and empathize with them, we find that all of existence responds to us Prophets and great figures have shown us the path to achieving cosmic awareness This is how we should willingly give love, service, and compassion

A person with universal awareness is a happy person They don't limit their love to a select few, excluding everyone else from their circle of affection and compassion This is how we should view the entire world as our family This awareness is always with me, and I feel that everyone belongs to me A person with universal awareness loves all people as they love their brothers, sisters, parents, and friends

The second path to cosmic consciousness is through self-discipline One must not fall victim to excess Enjoying things is fine, but one's heart and

soul should not become attached to them Those who wish to expand the boundaries of their consciousness must be free in thought and action, kind, gentle, and pleasant, self-disciplined, controlling their desires, avoiding enslavement to harmful habits, and acting in accordance with their sound beliefs, which are morally and ethically justified It is essential to cultivate self-control and transcend the dualities of heat and cold, joy and depression, health and illness in order to attain cosmic consciousness

We must endure everything without agitation or psychological disturbance He who does not bind himself to the ropes of this world, nor allow unbridled emotions to toss him about or tamper with his spiritual peace, possesses genuine understanding and profound wisdom The third method is the metaphysical one The seeker must liberate himself from the constraints of the body through proper contemplation in order to glimpse the higher horizons of consciousness and touch their dimensions This is achieved only by calming the whirlpool of thoughts that batter the lake of the soul, creating waves and turmoil within it When the discordant thoughts subside, the surface of the water calms, and the sky and all that is in it appear reflected with clarity and purity

If you place a sealed bottle of water in a tank of water, the contents of the bottle remain separate from the surrounding water But if you remove the seal, the water in the bottle mixes with

the water in the tank Similarly, ordinary people distance God from their lives because the vessel of their consciousness is blocked by ignorance But once the seal is lifted through proper meditation, the seeker experiences God's peace both within and outside the body With increasing meditation, peace grows, and spiritual joy is renewed

God surrounds humanity on all sides, but they do not perceive Him They cannot feel His actual presence within them and around them unless they remove the plug or veil of ignorance and immerse their consciousness in His sacred awareness

If a person drowns in the sea of material desires, he will drown But if he drowns in the ocean of God, he will live forever and ever

And when you find God, my friends, you will feel true and lasting contentment

Human friendships may break and be severed, but God will not abandon you

Even if everyone abandons you and forsakes you, as long as God is with you, everything will be yours

Peace, mercy and blessings of God be upon you

Yoga and Higher Perceptions

Yoga is a collection of scientific methods for reuniting the human soul with the Divine We

originated from God and must return to Him We have seemingly become separated from Him and must consciously restore our unity with Him Yoga teaches us how to transcend the illusion of separation and realize our oneness with God The English poet Milton wrote about the human soul and how it can regain its bliss This is the ultimate goal of yoga: to recover the lost paradise of spiritual consciousness, through which humanity knows that it was and always remains one with the Divine Spirit

The true foundations of religion should be a science that all seekers can apply in order to reach the one and only God Yoga is that science

There is a pressing need for a more scientific approach to religion The various rigid doctrines have kept people divided, even though a house divided against itself cannot stand Thus, the unity of different sects and religions can only be achieved when the followers and practitioners of those religions attain a genuine inner understanding of God Only then will we have true brotherhood among humankind under the fatherhood of God

All the great world religions speak of the necessity of finding God and of the brotherhood of humankind, and their teachings contain moral foundations and ethical principles What, then, creates the differences and divisions between these religions? It is blind fanaticism in people's minds We cannot reach God by focusing on

doctrinal rigidity, but rather through the actual knowledge of the divine spirit When people grasp the universal truths that form the essential foundations of the various religions, all the difficulties associated with religious fanaticism will disappear All people are my family and my loved ones, and therefore I worship God in all the temples built in His honor

We must begin building a global unity, modeled on the concept of the All-Religious Temple (the Temple of All Religions), respecting all religions that call for the worship of God and guide their followers to Him Such temples, dedicated to the one and only God worshipped by all religions, must be built everywhere, and I predict this will happen in the future People of the East and West must forever dismantle—and destroy—the narrow, artificial barriers within the houses of God As people attain self-knowledge through yoga, they will realize that they are all beloved and chosen by God

This spiritual union is evident in the great ones who possess self-knowledge The blind cannot lead the blind Only a spiritual teacher who truly knows God can genuinely impart divine knowledge to others To regain one's divinity, one must have such an enlightened teacher Whoever follows a true teacher or spiritual guide becomes like them, for such an enlightened one works to elevate the disciple to the level of their own self-knowledge When I found my esteemed teacher, I resolved to

emulate him in every way: to place God alone on the throne of my heart and share His blessings with others

The wise say that in order to gain the deepest knowledge, a person must focus his gaze and concentrate his attention on the all-knowing spiritual eye

In deep concentration, even a non-yogi furrows their brow This very point is the center of focus and the location of the circular eye, which is also the window to spiritual insight This is the true "crystal ball" into which the yogi gazes to understand the secrets of the universe Those who reach sufficient depth in their concentration will be able to penetrate through this "third" eye and perceive God Therefore, seekers of truth must cultivate the ability to release their consciousness and perception through this third eye The practice of yoga helps the disciple open the single eye of intuitive awareness

Insight, or direct knowledge, does not rely on any sensory information This is why it is often called intuitive ability (the sixth sense) Everyone possesses this sixth sense, but most people do not work on developing it However, almost everyone has had an intuitive experience Perhaps they have a feeling that something is about to happen, and then it does happen despite the absence of any sensory evidence

It is essential to cultivate direct, intrinsic insight or self-knowledge, for one who truly knows God is self-assured They know, and they know that they know We must be as certain of God's presence as we are of the taste of figs or grapes I only undertook the task of introducing others to God after my teacher showed me the path to perfect harmony with Him, and after I had experienced His presence and realized His existence within me

The West has always been preoccupied with building grand churches and cathedrals for worship, but these massive and magnificent structures rarely help those seeking God find Him In the East, the focus is on cultivating men of divine knowledge However, these enlightened individuals are not always accessible to spiritual seekers, as they often remain in remote and secluded retreats Therefore, spiritual centers are essential, where people can experience the divine presence, and enlightened teachers can assist them in this How can one gain divine knowledge from a teacher who does not know God? My teacher convinced me of the necessity of knowing God before attempting to speak about Him to others, and my heart overflows with gratitude for his guidance Truly, he was one with God!

God must first be perceived in the physical body, and every seeker should refine their thoughts daily, placing on the altar of their soul the innocent, fragrant flowers of pure, holy love

Whoever finds God within will also perceive His presence in every temple, church, mosque, shrine, and gathering they enter

Yoga transforms theoretical theology into practical experience

Loving God wholeheartedly means drawing one's mind away from the senses and offering it to God The entire focus of one's being must be offered to God in meditation Every seeker of God must learn to concentrate their mind A prayer uttered while one's mind is simultaneously preoccupied with other things is insincere and unacceptable to God Yoga teachers say that in order to find God, one must first seek Him with the whole mind and with complete concentration of thought

Some say that Indians are better suited than others to practice yoga, and that yoga isn't for everyone This is untrue Many people today are in a position to practice yoga more than Indians, because scientific advancements have provided humanity with ample leisure time The East needs to utilize more of the West's advanced technologies to make life easier and more fulfilling, and the West should learn from the East the practical, metaphysical methods of yoga so that everyone can find their way to God Yoga is not a religious sect, but a universal, practical, and applicable science through which we can find God

Yoga is for everyone: for Westerners and Easterners alike It cannot be said that the

telephone is not for the East simply because it was invented in the West Similarly, the yoga practices developed in the East are not exclusive to the East but are for the benefit of all humanity

Whether a person is born in India or anywhere else in the world, they will one day die But a person can lose themselves in God every day, even if only for a few moments Yoga provides the method and the ability to do so

Human beings live in the body like prisoners in captivity, and when their time is up, they suffer the shame of being cast out Love of the body is nothing more than love of imprisonment Because we have become accustomed to living in the physical cage, we have forgotten the meaning of true freedom There is no excuse for not seeking freedom Discovering oneself and understanding one's eternal nature is vital for every human being Yoga illuminates the path

The soul should ascend again to God

Before the universe existed, universal consciousness existed What is universal or cosmic consciousness? It is the Absolute Spirit, or the infinite and boundless God, eternally present, conscious, and ever-renewing bliss, hidden behind all cosmic forms, shapes, and phenomena When creation came into being, cosmic consciousness manifested in the material universe as spiritual consciousness, the pure reflection of God's mind and consciousness, present and hidden in all of creation When spiritual consciousness descended

into the physical body of man, it became a soul or sublime consciousness: a divine bliss, eternally present, conscious, and ever-renewing, existing individually within the physical structure When the human soul is united with the body, it manifests as self-consciousness or the ego Yoga teaches that the soul must ascend the ladder of consciousness to reach the divine spirit

The secret to happiness: feeling the divine presence

It's perfectly fine to enjoy life; true happiness lies in not being attached to anything Enjoy the fragrance of a flower, but try to see God in it I have kept my senses conscious so that, by using them, I can always think of God and feel His presence in my heart "My eyes were created to see Your beauty everywhere, O Lord My ears were formed to hear Your all-encompassing voice" That is yoga: union with God There is no need to go to the forest to find Him Worldly habits will bind us wherever we are until we free ourselves from them The yogi knows how to find God in the cavern of his heart Wherever he goes, he carries with him the blessed awareness of the divine presence

Humanity has not only descended to the level of sensory consciousness, but has also become enslaved by the aberrant states of sensory awareness, such as gluttony, anger, and envy Humanity must rid itself of these impurities and aberrations in order to find God Both Easterners and Westerners must be freed from this sensual bondage An ordinary person might become angry

because they haven't been served coffee, convinced that this deprivation will give them a headache! The perfected yogi is a liberated human being

Everyone has the potential to be a yogi wherever they are right now But we tend to think that anything beyond the horizon of our ordinary lives and habits is strange and difficult to achieve

The practice of yoga grants freedom Some yogis take detachment and asceticism to extremes They say one should sleep on a bed of nails without being disturbed, and they prescribe other forms of physical discipline that have no basis in Islamic teachings It is true that someone who can sit on a bed of nails and still think of God demonstrates tremendous mental strength But such extraordinary feats are unnecessary; one can simply sit in a chair or on a comfortable bed and meditate on God

Yoga master Patanjali says that any physical posture that allows the spine to be kept upright is suitable for meditation, that is, yogic focus on God It is not necessary to perform contortional twists to practice exercises that require extraordinary physical endurance and flexibility, such as Hatha yoga God is the ultimate goal, and the feeling of His presence is what we should strive for and work to achieve The Bhagavad Gita says: "He who is completely absorbed in God and immersed in Him is the most balanced of all"

Indian yogis have demonstrated their complete imperviousness to extreme cold and heat, or to the bites of mosquitoes and other annoying insects These qualities are not prerequisites for becoming a yogi, but rather natural attributes of a skilled practitioner Try to eliminate or tolerate unpleasant elements if necessary, without becoming psychologically distressed If one can be clean, there is no need to be dirty One may be as attached to living in a small hut as one is to living in a grand palace The greatest factor in achieving spiritual success is diligence and perseverance Indeed, the harvest is plentiful, but few are willing to reap it! The worldly seek God's gifts and favors, but the wise seek the Giver Himself

Whoever desires to become a yogi must meditate Upon waking in the morning, the yogi does not think first of food to nourish his body, but rather offers his soul the nectar of divine communion Filled with the inspiration of deep meditation, he can accomplish all his daily duties with joy and anticipation God created this earth as it is intentionally His plan is for humankind to work towards improving the world Westerners tend towards the extreme of constantly pursuing new and improved material comforts, while Easterners tend towards the extreme of being content with what they have There is something desirable in the impulsive Western spirit and the deliberate Eastern spirit, and we must find a middle path between the two

Meditation creates the yogi

To find God, one should meditate every morning and evening, and whenever possible during the day In addition, it is important for the aspiring meditator to dedicate a few hours each weekday to meditation This is not unreasonable Some people pursue their hobbies for hours every day without tiring or becoming bored Those who wish to become more spiritually advanced should devote more time to God We must make God feel that we love Him above all else When one becomes proficient in meditation and is able to delve into higher consciousness, one will need no more than five hours of sleep per day One can use some hours of the night, early morning, and holidays for introspection and contemplation of God In this way, anyone, even the most engaged and busy person, can become a yogi—if they so desire—without needing to wear a turban or grow their hair long

Places of worship are the cells, and the honey is the certain knowledge that the human being is a spirit and is one with God It is true that God is present in all places of worship, but merely going to those holy places is not enough to convince God to reveal Himself Frequent visits to places of worship are good, but daily meditation is better, and both should be done together because going to places of worship inevitably brings inspiration, while daily meditation leads to greater spiritual progress When the seeker's heart is ablaze with

fervor, and when he utters prayer after prayer, God answers his call

This unwavering devotion is essential for finding Him To be a yogi and simultaneously keep pace with the spirit and demands of the times, one must meditate at home, discipline oneself, and fulfill all duties out of love for and service to God My greatest desire is to build temples for God in the souls of people and witness God's radiant smile upon their faces The greatest achievement in life is for a person to dedicate a temple to God within their own soul This can be easily accomplished, and it is precisely for this purpose that self-knowledge came into the world Whoever enthrones God in their soul is a yogi and can say with me that yoga is for the East, the North, the South, and the West It is for all people without exception Theological paths are secondary routes, while the path of yoga is the highway that leads to the palace of divine bliss, from which, once reached, one never departs

Peace be upon you

spiritual seeds

Teach me, O Lord, to be brave and courageous, with determination and perseverance, while taking precautions and being wary

God is in my heart and around me, guarding and watching over me Therefore, I will dispel the darkness of fear that hides His guiding light from me and makes me stumble in the darkness of mistakes

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We become like those we sit with and associate with, not only through conversation and interaction, but also through the invisible magnetic vibrations they emanate When we enter their magnetic field, we are unconsciously affected by their magnetism Therefore, it is very important for those who desire spiritual growth to associate with those who have spiritual inclinations, so that they may be encouraged, maintain their enthusiasm, and nurture their longing for God

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Those with enlightened insights gather the roses of truth and work to enlighten and beautify souls with noble qualities in order to enter the paradise of wisdom

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Your love, O Lord, is sufficient for everything

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Although cosmic love peers out from the small windows of multifaceted human love, the moment you think you have seen it, it moves on and continues to move on until you are able to see its entire being through the window of your cosmic consciousness

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It is better for us to sit together and discuss our opinions with open minds and mutual respect, remembering that wise people do not quarrel but discuss calmly and rationally

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A person should train themselves and their family members to refrain from gossiping about others or speaking ill of them, and instead focus on self-improvement and correcting their own mistakes We should not hate others simply because they are different from us, or because their opinions differ from ours, nor should we insist that our own beliefs are the only correct ones

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O fountain of love, let us feel that our hearts are filled and our thirst is quenched by the ever-flowing abundance of your love

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A person should learn to listen more than to speak, to sit quietly, and to enjoy the company of others

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When you focus sunlight through a magnifying lens onto a small point, it produces heat, and that heat can ignite wood, fabric, paper, and other materials

Similarly, when the mind is focused precisely, its concentrated energy can burn away the evils and roots of doubt behind every failure and make the light of wisdom shine with brilliance and radiance

When the mind aligns with God, the source of all goodness and the origin of all blessed power, it becomes aware of the divine presence and possesses all the elements of success These elements are closely linked to God's immense power, capable of creating new reasons and opportunities for success in any field

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When the shells of pain and confusion fall around me, let me, O Lord, feel safe and secure in the impregnable fortress of Your protective presence

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Love is the hymn of the heart that the soul sings to God

***

My chronic thirst can only be quenched by Your blessed touch upon my soul, burning with longing for You The storm of despair has subsided, the winds of hopelessness have calmed, and the drops of Your peace have moistened every fiber of my being, filling my heart with contentment, and I now sing and chant Your blessed name

O God, make me a bird of paradise that finds pleasure only in drinking from Your healing springs flowing from the heavens of Your most holy presence everywhere

***

The truth first comes to our consciousness like the thin, clear drops of dew [on rose petals]

No matter how small and humble your role may be in the play of life, its importance is equal to

that of the greatest roles in terms of contributing to the success of the play

***

Let me, O God, look upon the laws of virtue not with dread and apprehension, but with comfort and love And let me remember that virtue, whose principles may be difficult to adhere to at first, ultimately places a crown of happiness and contentment upon my head when its laws are followed

And help me, Lord, not to forget that evil which makes promises of some pleasures and delights at the beginning brings in its wake much sorrow and misery

***

Human love must be expanded and extended towards divine love

Divine love attempts to express itself in human souls through the various channels and expressions of marital and parental love and the love of friends for one another

The multiple and diverse relationships in families and society are necessary motives for purifying human love from impurities and transforming it into pure spiritual love

Affirmations:

With the dawn of each day, I will shower everyone I meet with waves of joy

I will be a mental ray of sunshine to everyone who crosses my path

I will light candles of smiles in the hearts of the sad and miserable

***

We were not destined to live in the desolation of barren desires and the misery of fading hopes Help us, O Lord, to break the chains that bind us and forge our path with unwavering determination, through the wilderness of limitations, to the happy new land

***

Lord, let me feel your nearness and sense your presence in the depths of my feelings, and let me realize that your luminous wisdom sustains my understanding, and that my life is a manifestation of your unique and singular life

***

Cruelty is a spiritual disease, and whoever indulges in cruel actions or feelings brings unhappiness upon himself and damages his nervous system

***

The heart is the center of feeling, and one should not tamper with another person's heart

***

God is my true wealth and I am rich through Him

***

The harmonious nature in words:

Self-discipline

Loving others

Kindness to animals

Love of good qualities

Love of peace and tranquility

Love of the great

Showing compassion to the poor and needy and helping them

Automatic honesty regardless of the consequences

Performing the duty out of love for the duty and respect for it

Love of righteousness and reform

Enjoying literary taste and doing what needs to be done

Self-respect

Modesty

Raqqa

Loyalty

Chivalry

patience

Tolerance

It traces the footsteps of great souls and enlightened minds

Honesty

Fitness

kindness

Simplicity and clarity

Balance

Spiritual feelings

Contentment

A love of physical cleanliness and intellectual purity

Humility and avoiding arrogance

Love of goodness

Fairness

Remembering the kindness shown to those who deserve it

Respect for sacred things

From the booklet: Psychological Chart

***

Spiritual sensations can be experienced by training the mind to enjoy the virtues of beautiful thoughts in the hidden realm within man

O Lord, the love that flows from human hearts has tempted me to seek the source of pure love in You

In the stillness of my soul, I humbly prostrate myself before Your all-encompassing presence, knowing that You are always guiding me on the paths of self-knowledge

I will search for you, my God, until I find you, and when I find you, I will gratefully accept all the blessings and good things you bestow upon me

In the solitude of my thoughts, I long, O Lord, to hear Your voice Banish from me the nightmares of harsh voices that still lurk in the folds of my memory I want to listen to Your calm and melodious voice forever in the tranquility of my soul

***

O Lord, let the rains of Your mercy pour down upon our souls and wash away the mire of ignorance clinging to them, so that they may regain their purity and transparency and shine with Your divine light

***

Whether in mountain caves or in the middle of busy streets, or in the jungles of modern life wherever we go and wherever we turn, east and

west, north and south and everywhere, let us, O Lord, feel your nearness so that our hearts may be reassured by your protective presence

***

Let us be like flowers and roses, and let us scatter petals of tenderness and kindness when we are misunderstood, for by self-control and proper conduct we will realize that we are an integral part of the greater good

***

Drink to your fill from the waters of peace flowing from the springs of favorable circumstances and from your determination to have a positive outlook and take constructive attitudes

Do not seek happiness only in elegant clothes, delicious food, luxurious furniture, luxury and indulgence, because these things will trap your happiness behind outward appearances Rather, let your imagination soar above the kingdom of unlimited ideas

***

In fact, everyone suffers, to some extent, from the problem of anger, unless they have reached an advanced stage of awareness a stage of spiritual ecstasy or a state of tranquility

Anger – in whatever form it takes – stems from the inability to fulfill a desire In the absence of inner joy that arises from the soul's connection with its divine source, man tries to fulfill his desires through sensual pleasures that are inherently

unpleasant given their impermanence and often unhealthy consequences

Those desires often generate frustration and then anger, which leads to the destruction of spiritual consciousness

The most effective way to overcome anger is to address its root cause: desires The more desires there are, the more frustrations there will be

It is impossible to fulfill all desires because cravings are insatiable and limitless The more we strive to fulfill a desire, the more attached we become to it, and the stronger our attachment, the greater our pain at being deprived of everything that would satisfy our cravings and fulfill our desires

***

Success, a comfortable life, healing incurable diseases, and controlling habits all of these can be attained and achieved

If you have exhausted all methods and material efforts and found them useless, open the inner door and spiritual power will flow in and drive out all weakness, failure and frustration

If you seek God’s help in meditation and deep, quiet concentration, you will discover an inexhaustible reservoir of spiritual strength

God is impartial and responds to all who sincerely seek His help

When I found God within myself, I found Him everywhere

I have had an overwhelming longing for Him since I was a child, and once when I was a young

boy I wrote Him a letter Yes, I wrote a letter to God and titled it as follows:

"To God in Heaven" and I put it in the mailbox

When we write to someone, we expect a reply When I did not receive a reply, I shed copious tears But the reply finally came to me, not through words printed on paper, but in an amazing luminous vision

Everyone can get a response from God if the attempt is serious and the effort is continuous

If you direct your questions to God, wrap them in deep feeling, and send them via the mail of contemplation, then honestly and certainly you will get the answer

***

Peace emanates from within the soul; it is the blessed inner environment in which happiness blossoms and flourishes

***

Humans readily accept many illusory notions of limitations without serious questioning, thus allowing those notions to control their lives and destinies Thinkers do not easily accept the status quo; rather, they strive to change it, and this is precisely what makes progress possible

***

Thinkers contemplate their surroundings and are amazed by what they see They look closely and question why things happen or don't happen in a certain way

***

In addition to eating, sleeping, and working, a person is expected to get something of value from this life

***

Selfishness must be eradicated, and this can be achieved by cultivating altruism We must care for others, and the best way to teach this is through good example

It is difficult to enjoy prosperity and a comfortable life in an age of selfishness and greed When we can say, "God's blessings are for me and for you too," this world will be a better place

***

When we walk through city streets, we find ourselves surrounded by walls, but when we board a plane, all barriers disappear, and we see an undivided expanse Similarly, when we walk through a city of isolation and narrow-mindedness, we feel confined by rigid and limited dogmatic ideas But when we board a plane of openness and expansive horizons, we see an unlimited space of human brotherhood and love

***

The person slipping down the steep paths of evil feels no resistance, but as soon as he tries to stand up against harmful habits and wrong tendencies by adopting spiritual laws of self-control, he finds that countless temptations have awakened to fight his efforts and thwart his noble endeavors

***

Sometimes thoughts are more effective than words The human mind is the most powerful transmitter and receiver of all If you consistently broadcast positive thoughts, imbued with love, those thoughts will have a positive impact on others Similarly, if you project thoughts charged with envy or hatred, others will receive those thoughts and respond with similar ones

I ask God to support your efforts with His strength and blessings If the prayer is sincere and the intentions are pure, the desired change will occur with God's help

***

The echoes of the past year, with its sorrows and laughter, have faded away, and now the echo of the New Year's anthem sings encouragingly, heralding hope, and whispering :

"Reshape your life perfectly Abandon the weeds of old fears And from the deserted garden of the past, gather and save only the seeds of joys, achievements, hopes, good thoughts and deeds, and noble, lofty desires"

In the dewy soil of each new day, plant those mighty seeds, water them, and take care of them until they grow and fill your life with the rare benefits of blossoming

The new year whispers:

"Awaken the spirit, captive to habits, and urge it to undertake new, beneficial endeavors Never cease trying, and never rest until you attain eternal freedom and overcome karma (the ever-chasing and pursuing consequences of past actions)"

With a refreshed mind and intoxicated with ever-renewing joy, let us rejoice together and walk hand in hand towards the heavenly house from which we shall never go out again

***

Anger and the elephant's memory

Those who desire inner peace must understand how anger is generated and often causes dire consequences

Due to the loss of internal balance caused by anger, many people have turned against their will into criminals and bloodthirsty killers

Obstructing desires blinds the mind When the fog of desires takes hold of a person's mind, he loses his senses and behaves in a manner unbecoming of a noble human being

Loss of reason confuses the innate discernment that is the driving force behind all sound action and good intention

When the steering wheel of a person's mental vehicle malfunctions, they will inevitably have an accident and may find themselves in a trench of pain and misery

For example: The husband is driving happily, and on the way to the park, his wife asks him to change direction to go to her parents' house instead of the park, and here his happiness turns into anger

I chose this example because it is a common occurrence In normal cases, the result is either the husband rejecting his wife's request or agreeing with resentment and displeasure, and this is what

generally happens In both cases, anger takes over, the atmosphere becomes tense, and the peace is disturbed

In some cases, anger can turn into a tragedy for those with a violent temper Anger may affect memory, or the driver may forget to drive carefully and attentively, or may neglect to observe traffic signals, resulting in a collision or, God forbid, death

In conclusion, anger locks the steering wheel of the will in the chariot of life and prevents it from reaching its material and spiritual goals

The elephant's memory:

The faculty called "memory" is a gift from God to humankind, and what a great blessing it is! Memory is also granted to animals; without it, they would be unable to recognize their young Some animals possess excellent memories, as the following story about an elephant illustrates

While a huge elephant was transporting timber, as many trained elephants do in the East, a boy approached it, pricked it with a needle on its trunk, and ran away

A year passed after that incident, and the same elephant encountered the same boy on the road It was a relatively opportune moment for the elephant to exact its revenge So, it wrapped its trunk around the boy and violently flung him to the other side of the road Thus, animals do have memories

***

When the heart is filled with the love of God and the eyes are illuminated by His light, one's

magnetism becomes spiritual in nature There is a vast difference between spiritual magnetism, with its sublime influence, and animalistic magnetism, driven by passions and instincts Spiritual magnetism is based on altruism and the benefit of others, while animalistic magnetism is driven by selfishness and the exploitation of others

***

A person can give themselves positive suggestions that have a beneficial effect on the subconscious mind, which in turn affects the conscious mind Negative suggestions, whether self-generated or from another person, are harmful to the brain and should be avoided

Man gives us his advice and then leaves us to reap the fruits of our actions [which may be the result of his wrong advice]

God's path always leads to happiness and goodness

***

With the transparency of deep contemplation, I will surrender the divine light that constantly flows into my depths, and I will raise my love and longings to the Almighty

I feel Your presence, Lord, in the deepest recesses of my being, and I see You blossoming in the garden of my love Envelop me in Your love and let me revel in Your blessed fragrance

O Lord, grant me peace so that my soul may find rest and see the rays of hope behind the clouds of indifference May the light of certainty

shine in my heart so that I may feel tranquility and spiritual comfort

***

Let Your glory shine forth, O Lord, and let ignorance vanish from the shores of the earth forever, as well as strife and envy Dispel the darkness of ignorance with the light of Your wisdom Transform weakness into strength and frailty into resolve, and baptize mind and spirit with Your healing light

***

Just as sunlight is granted to everyone, yet there are those who prefer to live in darkness, so the light of divine wisdom floods everywhere, yet there are some who look at the world from behind the windows of their gloomy thoughts, stained with ignorance

***

O Lord, deliver us from ignorance and its effects, and from fears and worries, and let the flood of Your wisdom sweep away all the wreckage and debris from our lives

***

Whoever knows how to be happy in the present has found their way to God

***

I am the captain of my ship of good thoughts, good will, and fruitful, beneficial activities I will steer the ship of my life, always fixing my gaze on the shining planet of peace in the sky of my deep contemplation of God

***

Unless we choose to be happy, no one can make us happy, and we shouldn't blame anyone for that And if we choose to be happy, no one can take that happiness away from us

***

Pandemics, calamities, and violent changes in nature that bring devastation, destruction, and widespread harm are not "divine decrees" These disasters stem from human thoughts and actions Wherever the world's delicate balance of good and evil is disrupted by the accumulation of harmful waves and vibrations caused by human ill intentions and wrongdoings, chaos and widespread destruction ensue The world will continue to suffer from wars, disasters, and tragedies until humanity corrects its flawed thinking and behavior Wars do not occur as a divine decree, but rather due to widespread material selfishness If people were to rid themselves of individual, industrial, political, spiritual, and national selfishness, wars would cease to exist

When the material spirit occupies human consciousness and dominates thought, it emits transparent negative radiation The cumulative force of these negative vibrations severely damages the electrical balance of nature, causing earthquakes, floods, and other disasters

God is not responsible for it Human ideas must be controlled before controlling nature becomes possible

***

I will try to do only noble and decent deeds out of love for God and to please Him

***

The mind must be plowed with the plow of correct perception because its soil is dry and hard The soil must be moistened with readiness and acceptance, and the seeds of faith must be planted in the furrows, then watered with a will that is in harmony with the divine will

***

A person of natural calmness maintains their composure and remains at peace under all circumstances They also do not allow emotions and passions to control them and lead them to make poor decisions

***

You are the glow in the stars, the energy in the atoms, the kindness in the hearts, the beauty in the truth, and the greatness in honesty

Bless us, O Lord, so that we may manifest Your grace upon us in our health, our intellectual aspirations, and our spiritual lives Help us to fill ourselves with Your supreme power, Your infinite wisdom, and Your boundless authenticity, and let us recognize that You are the fountain of health, the ocean of life, and the source of all understanding and knowledge

***

O Divine Love, you are the secret echo emanating from the caves of hearts and the voice of silent feeling

You are the unseen magician of souls, the sparkling one emanating from the depths of friendship

You are a blessed angel who whispers the sweetest words to souls

You are the silent language of lovers and the invisible ink they use to write messages on the pages of their hearts

You are the source of all noble emotions, and your heart draws its pulse from the cosmic heart

Love is a silent conversation between two hearts, and it is the highest call for all living and inanimate creatures to return to the house of universal unity

Love is the pulse of life

It grows in the garden of spiritual blossoming and slumbers behind the darkness of external attachments

It is the most ancient and sweetest nectar in existence, preserved in the bottles of hearts

Love is the light that breaks down the walls of darkness between individuals, families, and nations

Love is the flower of friendship, flourishing and growing in the fields of young and old

Love is the gateway to heaven and the song of good souls

***

Those who wish to renew their lives should first identify the positive things they want to introduce into their lives, and then set up a program that they adhere to on a daily basis, and

they will feel a great deal of happiness as a result of keeping their decisions

Failure to adhere to a self-improvement schedule weakens the will and puts obstacles in the way of progress

Those who align themselves with the natural order of life will achieve fruitful accomplishments No laws prevent a person from changing for the better and realizing their noble aspirations No obstacles can stop a person from reaching their lofty goals unless they implicitly acknowledge those obstacles and convince themselves that they cannot overcome them

***

Wherever others appreciate my efforts in doing good, that is where I can provide the greatest service

***

True love—love of the heart and soul—is a manifestation of divine love Divine love seeks to reveal itself through the hearts and souls of humankind God teaches humanity divine love through the perfect medium of human love

***

When you meet someone and they say, "How are you? I'm so glad to see you," while deep down they're completely uncomfortable around you, you immediately sense their inner feelings and don't want to talk to them or stay with them I prefer honesty to pretense and hypocrisy

A person’s word is everything, and they must be natural and honest, respect their word, and keep their promises and commitments to others

***

God is the source of mental strength, wisdom, and abundance Ask Him to guide you to the right path to achieve the success you seek First, ensure your intention is sound, and then you will receive the strength to achieve your goal

***

Love is the spiritual weapon that ends all wars

***

Sincerity is far stronger than falsehood and slander If you can protect yourself in the fortress of sincerity, then you will be the honored master in your own kingdom

Truth will prevail, even if others have wronged you

Give wisdom to those who seek it, as long as they desire enlightenment, and do your best to rise and climb the ladder of self-knowledge

To God I have dedicated and consecrated my voice, my hands, my feet, my heart, my body, my feelings, my will and everything

***

Pain is not limited to the body; there is also intellectual and spiritual pain

It is impossible to think about God when the mind is filled with envy, fear, and suspicion of evil, or when a person is at war with himself

We suffer from sadness and depression, from other unhealthy temperaments and psychological

states, and from anxieties, most of which are unfounded fears On a spiritual level, we suffer from ignorance of the immortal nature of our souls

***

Those who are in harmony with God see breathtaking beauty and taste supreme sweetness that cannot be experienced in any other way

When my soul called out to You, the clouds of Your silence burst forth, O God, and the rain of Your mercy poured down in torrents until it became an overflowing flood of Your grace Your blessed river engulfed the banks of my being, and my soul plunged into the waters of eternity, and the bubble of my small life dissolved in the ocean of Your all-encompassing existence

• My mentor taught me how to use the chisel of wisdom to make myself a temple worthy of the divine presence

If you want to achieve a noble goal, start by designing a mental model for it You can now firmly establish any direction in your consciousness if you plant a strong idea in your mind; then your entire being will conform to that idea and your actions will be in line with it

• Love and tolerance are essential for harmony and accord Love unites and nourishes all that is beneficial and capable of growth, while hatred divides and destroys all that can be repaired

***

Fear is the greatest enemy of success because it eliminates the desire to try, without which a person cannot succeed

Intellectual lethargy, lack of effort, and a lack of perseverance are all obstacles on the path to success The goal should not be success itself, but rather a righteous life that leads to success Excessive eagerness for success can be an impediment Creative effort supported by willpower and a firm desire to reach the goal are essential for achieving success

***

Every thought we have creates a specific vibration When you think of God with your whole being, mind and limbs - and whisper "O Lord" repeatedly within yourself, you create a powerful vibration that brings the divine presence into your life

When we realize that God is our eternal beloved and our constant friend, and that His love for us is greater than any other love, we feel His closeness and touch His presence, so our hearts are reassured and we feel supreme spiritual peace

When you meditate on God and feel increasing throbs of joy in your heart and throughout your body, and bursts of that joy come to you from time to time, know that God has answered the longings of your heart and that the feelings of bliss you are experiencing are proof of that answer

***

When the mind enters a state of higher consciousness and touches the infinite total

presence, it knows that it is in contact with God and that the experience is sweet, but it is impossible to express in words the state of that connection which is beyond description

***

I did not use my magnetism to search for material things, but rather used it to attract the divine presence that is eternal and imperishable

***

Grant me, O Lord, the deepest longings of my heart, and let me hear Your blessed voice in the depths of my soul I will never forget You, my beloved God, nor will I walk the paths of life without You Be my eternal guest and dwell in the sanctuary of my peace and spiritual joy Let my heart beat with Your love, and let my thoughts work in harmony, so that I may bestow Your peace and love upon others And let the fragrance of Your love emanate from the rose of my heart, drawing souls seeking peace and bringing them to You

***

The mountain scenes painted on the blue curtain, the mind-boggling mechanics of the human body, the exquisitely formed flowers, the nobility of good souls, the sublimity of lofty thoughts, and the depth of love all remind us of the wondrous and supremely beautiful Creator

***

I will do my best and do all I can to make myself and others rich in God first and foremost I will build houses of wisdom amidst evergreen

gardens of peace, studded with the blossoms of exquisite spiritual virtues

***

It doesn't matter if I am a small wave or a large one, as long as the great sea of life supports me

I will delve deeply into thought until I find the secret of secrets, and I will focus the light of insight - like a torch - so that the most holy face may appear to me

***

May your light shine within me, around me, and everywhere

***

Love is a hidden fire that, by divine command, melts away the roughness of the universe and transforms it into an invisible substance of eternal love

***

Just as the sun sends out light and warmth, so I will spread rays of hope in the souls of the poor and the outcast, and I will instill new enthusiasm in the hearts of those who think they are hopeless

***

Lord, let me not burn myself and others with the scorching fire of envy, but let me accept with conviction and contentment the kindness and love I deserve from my loved ones

***

I am safe and secure behind the walls of my clear conscience I have burned away the dark past and I am only concerned with today, and I will fear

nothing but myself when I try to deceive my conscience

***

Today I will set fire to the roots of worries and fears and kindle the fire of happiness to illuminate the temple of the soul within me

***

No one can anger me with vulgar language or reckless behavior, and no one can influence me with flattery, praise, and compliments to make me think that I am greater and more important than my true self

***

O Lord, make my heart spacious enough to contain Your blessed presence, and let it beat with Your love forever

***

If you use your willpower correctly, it will create new karma for you, but most people do not want to change and do not want to make the effort, so they collapse in the face of difficulties and are unable to face challenges

***

Lord, help me to distinguish between lasting happiness of the soul and fleeting sensual pleasures Let me not drown myself in the pleasures of the passing senses, and help me to refine my senses so that they make me happy always

***

I separated the rays of my mind from the narrow, limited realm of the senses and released

them into the horizons of the spirit, so my perceptions grew and my awareness spread in every direction

***

One should not feel helpless or trapped if they have unwanted habits they wish to break Now is the opportunity to overcome those habits by cultivating past resolve and practicing regular, proper meditation

***

O Master of souls and hearts, the rays of happiness spreading in the sky of my inner tranquility herald the approach of your blessed appearance

***

O Lord, I smile the smile of the confident and reassured, for whether I am floating on the surface of this life or drowning beneath the waves of death, I remain in the heart of Your eternal life, which provides security and protection, and Your strong, blessed hand sustains me

***

Illness, old age, and death are the difficulties and obstacles the body faces Psychological illnesses, however, invade the mind through sadness, fear, anger, repressed desires, resentment, hatred, emotional obsessions, feverish nervous agitation, and a kind of psychological cancer that paralyzes mental faculties The most dangerous illness, however, is the illness of the soul, which manifests as ignorance, from which all other illnesses spring and spread

***

The wellspring of sublime idealism that nourishes our feelings of love and refined emotions should not be allowed to dry up

***

Everything that is outwardly attractive derives its appeal from the inner self And nothing tarnishes the pure mirror of the soul like psychological distortions such as anger, malice, envy , and hatred Whoever tries to free themselves from these compounds, alien to the nature of the spirit, will let the light of inner beauty radiate from within

***

Consciousness must be raised from the limited physical realm to the unlimited horizons of tranquility within the soul

***

O spirit of purity and innocence, deliver me from insatiable sensual desires, so that all greedy passions may turn to ashes in the flame of wisdom, and that I may stubbornly and resolutely restrain every impulse of the senses And that I may conform to Your will, playing my simple melody in harmony, fulfilling my small duties, and singing my humble song

Lord, help me to use my senses only in sound and rational ways, and to refine them so that they contribute to my true happiness

***

The steel of wisdom that we extract through the burning fires of experience is a wonderful thing Life purifies us by transforming our base metals

into precious elements so that we can live in this life as souls as pure as jewels, as hard as steel, and at the same time flexible and bendable without breaking under the pressures of hardship and difficult trials

***

There is a hidden force working to implement a moral and spiritual plan to bring about order and harmony amidst what appears to be dissonance and chaos in creation

***

O my divine beloved, you are the eternal, ever-renewing joy you are the bliss of the soul and you are the happiness I long for

***

Prayer to God should be offered with fervent longing and absolute trust, and it will be answered silently and calmly a hidden response that brings comfort and brings about a rapid change in a person's life

***

First, we must experience the joy of communion with God so that we can compare it to lesser earthly pleasures Then, desires will be of a higher nature Desire is endless; no sooner is one desire fulfilled than another takes its place, and so on But when you find God, all your desires are fulfilled

***

Generous and kind-hearted people who accept your generous gifts and share them with others broaden their understanding and draw closer to

your blessed presence As we receive countless gifts and blessings from you every day, let us turn to you in praise and gratitude, O Giver of all gifts and blessings

***

As long as you are with me, Lord, no evil will befall me because you will turn away from me and protect me from harm

***

My caravan of prayers is moving towards you It has been hindered here and there by sandstorms of despair But when I see from afar the oasis of your silent encouragement, I am refreshed and my strength is renewed, so I redouble my efforts to reach you, longing to dip my thirsty lips into the spring of your joy and drink until I am quenched

***

O Lord, let me see only goodness and purity, and speak only inspired words Let me breathe the fragrant scent of Your love, with its heavenly aroma, and eat simple and wholesome food, and inhale the pleasant scents that remind me of You Let me feel Your blessed touch

***

In the garden of spiritual awakening, I gathered the drops of my repentance, and in those tears that are dear to you, my heart was completely purified

***

My eyes, O God, are captivated by the ever-changing scenes of life and the vibrant landscapes of nature, with their diverse and multicolored

flowers and the clouds drifting silently across the horizon Open the eyes of my soul so that I may see Your surpassing beauty in all that is good and beautiful, and let me see nothing in existence but You

***

Let me weave a soft carpet of self-knowledge upon which all your lovers may walk on their way to eternal awakening

***

God remembers us even when we don't remember Him If He were to forget creation for even a moment, everything would vanish from existence Who but God sustains this Earth as it floats in space? Who else causes trees to grow and flowers to bloom? Indeed, it is God who keeps our hearts beating He is the One who digests our food and renews the cells in our bodies every day Yet, how few remember Him and give Him the gratitude He deserves!

***

Lord, let us look upon virtue with love and realize that obedience to Your laws of creation will crown us with the crown of Your mercy

***

Let us recognize, O Lord, that You are the fountain of health, the ocean of life, and the source of all understanding and knowledge Free us from ignorance and its effects, from fears and worries, and let the flood of Your wisdom sweep away all the ruin and desolation from our lives

***

I often listened in meditation to the sweetest songs of those close to you to wonderful and sublime spiritual symphonies to complete pieces of virginal choral singing of the feelings of my heart and to poignant hymns that translate my old longing for you and my growing yearning to meet you

***

Enjoy the breathtaking views of ideas in the unseen and hidden world of beauty within your souls

Between Alexander and the Yogi

Unwavering Will: The Story of the Discovery of the Arctic

Who was the first human being whose eyes were filled with tears (and perhaps also with joy and cold) at the sight of the Arctic for the first time in history?

How and when did this happen? That's what we'll try to find out in the following lines

For centuries, people have attempted to reach that cold region of the globe, and history has never known a more daring adventure than these attempts, which often cost their lives The details of their northward advances tell of heroic feats and also of tragedies

Hundreds and perhaps thousands of years ago, the inhabitants of the regions surrounding the Mediterranean Sea believed that the world was like

a smooth disc surrounded by a great river which they called Oceanus

They did not know much about the regions far from them, but they enjoyed dreaming and thinking about those distant places, such as those beyond the Alps and the Balkans

From these regions, tin was extracted to make bronze, and amber was mined for jewelry and ornaments However, reliable information about the north was lacking, so poets took it upon themselves to weave captivating tales of what lay beyond the mountains

Our legendary and immortal poet, Homer, tells us of the Cimmerians in the misty north, and of the giants who dwell there, where the days are so short that a shepherd returning in the evening would meet another shepherd going out to graze in the morning Other tales suggest that people knew something about the North Pole, but most of their ideas about it were inaccurate, often even erroneous

Over time, people attempted to reach the poles In 500 BC, a man named Hamilcius of Carthage undertook a great voyage north, reaching Ireland and recording his journey This was the first reliable account Subsequent attempts followed, with Scandinavians sailing across icy seas and discovering Iceland From there, they continued their search for more land and treasures

There are dozens who tried and failed We will ignore the details of their attempts and move on to the first discoverer of the North Pole

Robert Edwin Peary was born in Pennsylvania in 1856 He studied engineering and then joined the US Navy He felt a strong urge to explore the polar regions He was aware of all the dangers and setbacks that explorers before him had faced, but he was determined to proceed and knew deep down that he would not back down from his resolve

Our explorer, Peary, tried to find out everything he could about the Arctic, its conditions, and the details surrounding it

In 1886, he travelled to northern Greenland, and five years later he undertook a second expedition, studying the people, crossing the glaciers, and proving that Greenland had a northern coastline, thus confirming its status as the world's largest island Two years later, he returned to Greenland In 1898, he embarked on a four-year expedition

Now Perry felt ready to venture into the unknown He embarked on his perilous journey in 1902, but was forced to return due to unforeseen circumstances In 1905, he tried again, this time reaching the northernmost latitude Finally, in 1908, he set sail on the steamer Roosevelt, his eighth voyage finally crowned with success He and his companions disembarked, took dog sleds, and set off for the Pole At various points, some of his

companions would lag behind to set up camps and stock up on supplies for his return journey, as well as their assistance

He continued his journey accompanied by a black servant and four Eskimos, with enough provisions for forty days

Perry bid farewell to those he left behind at the last station and walked towards the pole, reaching it on April 6, 1909, and finally standing on the top of the world

Before Peary reached the North Pole, the American astronaut Frederick Cook sent a telegram from the Shetland Islands claiming to have reached the North Pole a year earlier However, when scientists investigated Cook's claims, they found them to be false and that he had not reached the North Pole Nevertheless, they acknowledged some of his discoveries in the area

Perry possessed extraordinary willpower, forcing himself to walk continuously despite the excruciating pain in his feet, the result of losing his toes in 1898 to frostbite, which necessitated amputation Yet this disability did not deter him from walking (along with his loyal and valued companion, the Black man Matthew Henson) 1,400 kilometers (on foot over the ice in extremely difficult conditions!) around the northern tip of Greenland to create a detailed map of the region What a feat of heroism!

Perry is still considered one of the bravest and most determined men in achieving goals

In this context, Imam Ali (may God be pleased with him) says:

"So you must be diligent and hardworking, prepared and ready, and increase your provisions"

Peace be upon you

Between Alexander and the Yogi

There are fascinating stories carefully recorded by Greek historians and others who accompanied or followed Alexander on his campaign to India Dr McCrendle translated these accounts to shed light on ancient India One of the most striking aspects of Alexander's failed conquest was his profound interest in Indian philosophy and in the community of yogis and pious men he encountered from time to time, with whom he genuinely desired to associate Upon reaching Taxila in northern India, the Greek warrior dispatched Onascritus, a disciple of Diogenes' Greek school, to bring him the Indian hermit master Dandamus, who was then living in Taxila

Oniskertius said to Dundamus after he found his hiding place in the heart of the forest:

"Greetings and peace, O teacher of the Brahmins! Alexander, son of the great god Zeus and master of all creation, asks you to go to him If

you do, he will give you a generous reward, but if you refuse, he will cut off your head"

The yogi calmly accepted this obligatory summons, barely lifting his head from his bed made of leaves, and replied:

"And I too am a son of the god Zeus, if Alexander is I do not ask for anything from what Alexander has, for I am content with what I have, while I see him moving aimlessly with his men over water and land, and there is no end to his wandering ever"

"Go and tell Alexander that God alone is the master who deserves all worship and veneration He is the supreme king who never commands terrible evil because he is the creator of light, peace, life, and water, and the creator of the human body and the souls of men To him all people return when death frees them, so that they are no longer subject to the evils of disease"

The wise man continued his speech with quiet sarcasm:

"Alexander is not a god because he will certainly taste death And how can someone like him be the master of existence when he has not yet ascended the throne of the inner universe, nor entered the abyss alive, nor does he know the path of the sun over the vast regions of the earth, and moreover, the neighboring nations have not heard of him?!"

After this rebuke, which is considered the harshest attack on the ears of (the Lord of the World), the saint added sarcastically: “If Alexander’s current colonies are not enough to satisfy his greed, let him cross the Ganges River and he will find a vast country that can accommodate all his men”

"What Alexander offers me and the gifts he promises are worthless to me The things I truly value and consider useful or valuable are these trees from which I build my dwelling, these flowering plants that provide me with daily sustenance, and the water that quenches my thirst All other possessions, collected with great care, are a burden to their owners, leaving them with nothing but sorrow and regret, the lot of unenlightened people As for me, I lie peacefully among the leaves and grasses of the forest, and since I have nothing to keep me awake, I sleep soundly, enjoying a sweet and tranquil slumber If I had something that required guarding and vigilance, it would disturb my rest and deprive me of the pleasure of sleep The earth provides me with everything I need, just as a mother provides her infant with milk I roam wherever I wish, and I have no worries to trouble me or mar my life"

Even if Alexander were to cut off my head, he would not be able to destroy my spirit My head, which will fall silent after death, and my body, which will become like a tattered garment, will remain on the earth from which they were made

As for me, as a spirit, I will then ascend to God, who clothed us in bodies and placed us on this earth so that we might prove to Him—while we are here—whether we will submit to His will and live in obedience to Him And when we stand before Him, He will demand an account of our deeds He is the just Judge who condemns all evil, sin, and transgression, where the cries of the oppressed become punishment for the oppressor

Let Alexander use this threat to terrify those who covet wealth or fear death Alexander's weapon is weak against the yogis

We do not love money nor do we fear death Go and tell him that Dundamus has no need of anything you have, and therefore he refuses to come to you But if you need Dundamus, then come to him yourself" Alexander received with deep attention the yogi's reply on the tongue of Onesicritus, and felt an increasing desire to see Dundamus, who – despite his nakedness and old age – found in him a conqueror of cities and a subduer of countries more than his equal

's Diary: An Autobiography

By Paramhansa Yogananda

Some spiritual insights

For the wise teacher Paramhansa Yogananda

God has given us freedom of choice and placed within us a conscience to distinguish

between good and evil, and between what is beneficial and what is harmful

When we feel spiritual power active in our being, we feel that we are moving forward and making progress, so our confidence in God and in ourselves increases, and the momentum of difficulties decreases so that we can deal with them constructively with confidence, comfort, and balance

Our true nature is the spirit, whose essence is peace, serenity, tranquility, and calmness These blessed elements are within us and are an integral part of our spiritual being

People often talk about the pressures they feel and the psychological stress they experience under the weight of many demands, but we must not allow ourselves to become prey to any kind of difficulty, and we should always remember that God has given us enough strength to deal with all the challenges we face

Keep God in your hearts as you walk the paths of life

Keep your feet on the ground and your head above the clouds of ignorance in the horizons of the sun of eternal wisdom

When we lose the ability to enjoy life and participate in healthy recreational activities, we become more serious and nervous than we should be Even if the atmosphere seems gloomy and gloomy, we must maintain our belief that the sun will rise again and that those who are on the right

path will arrive, no matter how long the distance seems and how far the destination is

In humility lies true spiritual strength, the greatness of devotion, the depth of love, and the magnificence of contentment and submission

The person with a strong will is in harmony with God and does not wait for the planets and stars to bestow their smiles upon him Rather, he continues his journey like a piercing meteor, unaffected except by the guiding star of God, who is the sun of suns and the Lord of the law and souls

One should not dwell on loss and failure, but rather try again and again, no matter how many failed attempts there may be and how bitter they may be

How high you are, O friendship, and how fertile and sacred your soil is! Love is your nourishment and loyalty your drink

We came into this world to develop ourselves and explore our spiritual potential, not to plunge into dark seas of illusion that involve countless dangers

The sweetest pleasure in existence is the feeling that we are safe and secure in the presence of God

The season of failure is the best and most opportune time to sow the seeds of success Failure must be eradicated at its roots, and the fields of life must be cultivated with diligence and determination, and sown with the seeds of goodness in order to reap a bountiful harvest, God willing

Few people analyze their situations and decide whether they are moving forward or backward As human beings endowed with perception, wisdom, and understanding, our greatest duty is to use our wisdom and perceptions in the right ways

No truly spiritual person can do without material success And no one's material concerns are so overwhelming that they prevent them from thinking about God and dedicating the necessary time to contemplation, service, and spiritual duties

A person must live with all their thoughts, feelings, and insight, and be alert and attentive to everything that is going on around them, just like a skilled photographer who waits for the most suitable opportunities to capture the most wonderful pictures of the most delightful scenery

Every human being possesses untapped potential They have all the strength they need The mind itself is a supreme power and must be freed from outdated, restrictive habits and concepts

Let us remember that as long as the sense of "self" is dominant, there is a tendency to distance ourselves from God, assuming that we have enough strength and wisdom to stand on our own two feet without support and solve our problems on our own

We fear that if we submit to God's will, we will not find happiness in what God sends us, and this is a sign of weak faith But sooner or later, we will be forced to turn to God And every person will discover this truth in their life, if they haven't already

We must turn to God with complete confidence and speak to Him frankly and intimately in the simplest language – the language of the heart – and ask Him to help us to seek Him and rely on Him to soothe our hearts and free us from distress and annoyance and from everything that may stand in our way and try to turn us away from our spiritual purpose

Don't allow yourself to become a victim of the world and its traps You must take control of your life, awaken your inner strength, and steer the ship of your life to safe harbor

When minds shake off the dust of ignorance and break the shackles that bind their powers, they will become more capable of creativity and positive interaction with life

If a person doesn't struggle against someone stronger than themselves, they won't become strong Similarly, when you face your difficulties with courage and spiritual strength, you become stronger and more resilient

Don't think you are weak and incapable of facing life's circumstances, no matter how difficult or harsh they may be God has endowed you with the strength to overcome every daily challenge Remember that no matter how great your difficulties, you have enough strength to deal with them God is with you and will support you as long as you believe in Him and persevere with the courage of the brave in the battle of life

The time has come for humanity to define its position and decide the path it must take: either

towards chaos and destruction or towards the higher universal ideals advocated by the Abrahamic religions to spare souls and the world from suffering and calamities If humanity plays its role as it should , and is guided by the principles of goodness, love, and virtuous morality, then the gloom will surely lift and the darkness will dissipate

You have sublime powers and precious talents lying dormant deep within your being, yet you do not use them Set out towards the horizons of a refined life where there is achievement, joy, and peace

When someone tells me that he cannot do this or that job, I do not believe him, because he can do whatever he intends to do if he prepares himself for it

I saw you tilling the soil of my soul with the plow of trials and tribulations, scattering the seeds of your wisdom in its furrows I continued to water those seeds, and when the sun of your mercy shone upon them, they grew and flourished, bearing a blessed harvest of contentment and satisfaction

The silkworm spins threads around itself inside the cocoon Before emerging from that cocoon as a butterfly, it often finds itself dead in the silken prison it created This also applies to humans Before their wings of discernment grow, they weave around themselves threads of fear, anxiety, and ignorance until illness strikes and the hour of departure arrives, and thus comes the end

We often find ourselves trapped in a prison of our own making What brings about all this suffering? Our own thoughts and flawed ways of living, because we act before we think We must free ourselves from thoughts of anger and selfishness, and from a life that is undisciplined and inconsistent with our higher aspirations All those with spiritual ambitions must always keep their energy flowing and their spirits strong through positive thinking, optimism, and productive work

Not being afraid means having faith in God and His protection, and having faith in His justice, wisdom, mercy, love, and omnipresence

There is no protection or security outside of God We must turn to Him completely if we desire security and peace of mind

Those who think only of their own security and comfort, forgetting or ignoring the needs of others, are in fact courting the poverty that will be their lot one day

Those who cling to their wealth instead of using it for good deeds do not bring themselves prosperity in their afterlife; rather, they are born poor, driven by the desires and cravings of the rich But those who share their abundance with others attract prosperity and abundance wherever they go

When you give to those who deserve it willingly, you will find that God is always with you and will never leave you, and you will not need anything with His help and care So put your trust in

God and His help will come to you and His care will encompass you

O beloved, divinely hidden one, you are the fountain of love flowing from the heart of friendship, and you are the warm rays that open the buds of feelings into fresh roses of loyalty and tender poetic thoughts

We are all human transmitters and receivers: you receive the thoughts of others through your heart, which is the center of feeling, and you transmit your own thoughts through the spiritual eye (in the forehead between the eyebrows), which is the center of focus and will Your antenna is in the brain, the center of higher, intuitive awareness and perception

Suppose you are away from your home and want to know what is happening there If your senses are very calm and your mind is quiet, you will be able to intuit the feelings and thoughts of your family at home

When you have a great ability to concentrate, your thoughts can penetrate anywhere, and your senses become charged with vital energy

Everything in the universe is composed of energy or vibration The vibration of speech is a more intense manifestation or expression than the vibration of thought The thoughts of all human beings ripple through the ether Because thoughts possess a high vibrational rank, they have not yet been revealed Fortunately, we do not know the thoughts of all people!

By pressing or turning the radio buttons (and by other means these days), you can hear different tunes and sounds Were it not for the inherent awareness within the layers of the ether through which radio waves travel to your receiver, you would hear all the broadcast sounds at once

God created the ether and inspired the human mind to devise means of transmitting and receiving vibrations through this medium Radio waves rely on the ether for their propagation and on electricity for transmission and reception These vibrating radio waves are ideas transmitted through space to any resonant receiver

When you are close to a loved one, you sense their thoughts, but you may not be able to sense the thoughts of someone far away unless you possess a highly developed sensory perception Those who regularly practice concentration and meditation techniques experience profound tranquility and their thoughts become more refined as a result of this practice, enabling them to sense the thoughts and intentions of others even from a distance!

A visitor inquired: "Isn't the wisdom of the saints a result of receiving a special favor from God?"

The teacher #Paramhansa replied:

"No The fact that some people possess less sacred knowledge than others does not mean that God limits or restricts the flow of His grace to mankind Rather, it is because most people hinder

the flow of His ever-shining light and prevent it from shining in their souls

One of the disciples said, "I am going to the hills to be alone with God"

The teacher Paramahansa replied:

"You will not progress spiritually if you do this Your mind is currently incapable of focusing deeply on the spirit Your thoughts will most often hover around memories of people and worldly pleasures, even if you seclude yourself in a fortified cave Honest and faithful performance of your life duties with daily meditation is the best way"

Spiritual flashes

Is there a common and general purpose behind the actions of the inhabitants of this world?

Is there a shared necessity that compels us all to take action?

A simple analysis of human motives and goals shows that there are a thousand and one goals, some direct and some indirect, but the ultimate goal remains achieving absolute bliss or happiness

Human beings' primary goal is to avoid pain and want and attain lasting happiness Whether we can permanently eliminate pain and want and achieve lasting happiness is another matter But reality shows that we strive earnestly and persistently to escape suffering and pain and attain pleasure or happiness

Why does a person work as a beginner in a craft?

Because he wants to become an expert in one of the fields of work

Why does he have to do that job?

Because that allows him to earn money?

And why should he earn money?

Because he will be able to fulfill his personal and family needs by earning it

And why should those needs be met?

Because such an investigation helps to eliminate pain and achieve happiness

Therefore, we see that fulfilling a need, getting rid of pain, whether physical or psychological, however slight or severe, and achieving happiness constitute our ultimate goal

There is no need to ask further about the reason for attaining happiness, because there is no answer to that, and that is our ultimate goal

So whatever the nature of our work or ambitions—starting a business, making money, pursuing friendships, writing books, acquiring knowledge, managing kingdoms, donating millions, discovering countries, aspiring to fame, helping the needy, or desiring to become lovers of humanity's goodness—if we examine our true purpose and keep it in mind, the search for God becomes a logical and realistic reality, because God is that bliss we strive to achieve and our souls yearn for

* * *

If someone were to cover their face with a mask, you could still know that a human being was there Similarly, nature is like a great veil, swollen with divine presence God is present behind

nature's veils and masks, but humankind casts a fleeting, superficial glance and fails to perceive the presence of the being hidden behind nature's curtains

Without divine help, man is bound to fail because the strength and wisdom to win the battle of life come from the infinite source

When I sit in silent, still, attentive meditation, I feel a tremor of joy within my being and I hear God whispering, "I am here"

The mind that God has given us is the gateway to heaven: the outer gate of his kingdom, but people do not use it as they should

We don't need to wait until we leave Earth to use our minds to search for God; the time is now, and the place is here Those who don't use their minds to seek the secrets of life and the mysteries of existence while on this Earth will never find them anywhere else

* * *

Every human being is an expression of God’s infinite power and must show some aspect of that power in everything they accomplish

Those who seek to consciously communicate with God, who is the First Cause or First Mover of existence, are closest to solving the mystery of life

When you want to create something, don't rely solely on external sources, but first delve into yourself and search for the infinite source All practical methods for success, all inventions useful to mankind, refined musical vibrations, and sacred texts are recorded in God's archives

Those who ignore God cut off their own lifeline

Human will is a huge generator of energy, and by using willpower and desire to access true energy sources, a person can quickly connect with the infinite distributor of inner forces

Those who do not wish to do their daily work feel a lack of energy, while the diligent worker who works with enthusiasm and zeal charges his body and mind with the cosmic current

* * *

It is a person's duty to aspire to noble goals To concern oneself with trivial and useless things is a pointless waste of mental energy

The weeds must be uprooted from the garden of the mind and adorned with the flowers of divine love so that it may attract to itself the beautiful God who loves beauty

garden to remain flourishing in the soil of wisdom, you must simplify life and remove complications By accomplishing everything with a focused and undistracted mind, you can analyze your activities, selecting what is important and essential and discarding what is superficial and unnecessary Once a task is completed, you can withdraw your mind from it and use it to pursue other creative aspirations

* * *

People often think about something else while doing something, and they don't know the right way to focus their minds on the thing they are doing

We must learn to think about one thing at a time with all our mental faculties Our complete attention must be focused solely on that one thing

A person should not be apathetic, lacking enthusiasm and feeling Accomplishing things lazily and carelessly leads to a loss of vitality and consequently to failure and unhappiness One should not be merely a self-perpetuating psychological machine Like an animal that acts on instinct

It is a grave mistake for a person not to awaken themselves and activate their mental faculties God has bestowed these faculties upon us and wants us to use them wisely and be fully aware of everything we do

We must also think carefully before undertaking any action and use our minds in ways that help us grow and realize our essential unity with the Almighty Creator Everything we do should be based on sound reasoning and wise planning

* * *

There is a metaphor for a horse-drawn carriage driven by a driver who holds the reins This metaphor represents the soul riding in the physical carriage pulled by the horses of the senses Thought holds the reins, and conscious will guides The owner of the carriage is of paramount importance, followed by the driver and the reins necessary to control the horses, then the horses themselves, and finally the carriage Similarly, the soul is paramount, followed by conscious will, then

thought which controls the reins, then the horses, and finally the body

The worldly mind that leads a weak body in life allows its unruly impulses to run rampant instead of strengthening its physical structure and refining its senses by using self-control and directing them with innate discernment towards its spiritual purpose for which all these things exist

As he walks along the rough and thorny paths of the senses, he wrecks the chariot of his life and becomes lost

The seeker who seeks self-knowledge is well aware that the most important purpose in life is the earnest search for spiritual happiness hidden deep within the soul, and at the same time learns to develop his latent mental or psychological powers and refine his senses in order to continue walking the paths of progress towards the desired goal, trying to avoid falling into the pitfalls of physical and psychological pain

In other words, the disciple understands the correct way by which he can achieve spiritual growth in all aspects and on all levels

As for the delusional worldly person, his only concern is to satisfy his physical desires and please his whims, disregarding his duty towards developing his mental and spiritual faculties

* * *

Nervous disorders are treatable Those suffering from these disorders must analyze their condition and get rid of the destructive emotions

and negative thoughts that are gradually destroying them

Objective analysis of personal problems and maintaining composure in all situations and circumstances are key to healing chronic nervous conditions Those suffering from nervousness must understand their condition and realize that dwelling on negative thoughts is the root cause of their imbalance and inability to cope with life

A calm, relaxed body soothes the nerves and brings psychological peace

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Note: This does not mean that you should not consult specialists in this field, hence this clarification

* * *

In different eras and places, man has acquired, through reason, many ideas about life and the soul

For example, when a member of a primitive tribe gets a headache, his family thinks that his soul has escaped from his body, so they call upon the sorcerer doctor to return the soul to him The doctor goes to the forest in search of the soul, which he finds and brings back with him in a box and puts it back into the patient’s head, and the headache disappears according to the prevailing belief

In another culture, the "sneezing" of a sick person is done by placing hooks (curved irons with sharp points) in his body so that his soul does not escape when he sneezes, but is caught by the hooks!

Just as some people have reached incorrect conclusions about the human psyche due to flawed methods of thinking, others have reached – through actual perception – a different, richer and sounder understanding

We know that the soul is not the same as the breath because there are some people who have remained in a coma for a long time without breathing, thus proving that the soul cannot be confined to the breath The soul is higher than the breath and higher than any other bodily state

Whether a person believes that he is a spirit or not, the universal law still requires him to reveal his spiritual nature

Regardless of a person's work or life circumstances, their awareness develops and expands whenever they use their intelligence creatively and productively Every constructive action contributes to human development and broadens one's understanding

* * *

I love reading, but I can barely read two pages before I am called upon to deal with something else, and that is why I have replaced reading with meditation

As I delve into the depths of my soul, radiant lights appear and the greatest joy dawns, a joy that accompanies me throughout the day This is what I have experienced in my life and what all those who commune with the blessed Lord in the whisper of the soul and the longing of the heart experience

Time is too precious to waste God wants us to be balanced Whoever allows their life to become unbalanced will be punished by universal law

If you live simply, exercise daily, read valuable and beneficial books, and cultivate the habit of daily contemplation of God, your senses will pulsate with happiness, vital currents will flow through your blood, and your body's cells will be filled with a lightness and energy you've never experienced before You will receive all the knowledge you yearn for from the spirit within you

This is how my life has always been I haven't read twenty books in twenty years I'm not proud of it, and if it weren't for gaining divine spiritual awareness through meditation, I would be completely ignorant

When I look at a book, I find that the facts it contains have already been revealed to me by God

All sublime ideas and truths come from God the All-Knowing, and if you contemplate Him, you will receive His wisdom directly

Therefore, reading good books is better than wasting time on fruitless activities, and better than reading is contemplation and establishing awareness of the absolute truth, which is God

* * *

There are many people who read constantly but cannot offer you anything of value The best way to read a book is to reflect on its contents and see how they might apply to your own life

It is also important to exercise discernment so as not to blindly accept everything you read What

you read should satisfy your mind and logic To be truly worth reading, books should stimulate your thinking, and then you will feel your mind developing and expanding

Those who do not read or reflect, but live a superficial life without purpose or meaning, do not develop any deep understanding or acquire certain knowledge

Harmony makes us compatible and in harmony with the divine power that inspires our thinking and shines upon our minds with the lights of higher inspirations

Meditation is the way to reach the higher self

Humans wrong themselves if they do not read, but contemplation is even better than reading {For a people who contemplate}

* * *

Balance is essential in every aspect of life It is advisable to keep useful reading materials readily available and to peruse them during leisure time The most important of these materials are spiritual books, followed by scientific works, some history, philosophy, serious literature, biographies of great figures, travelogues, and anything else that can broaden one's horizons and provide profound inspiration

Books can be loyal friends, and if your selection is of a high quality, you will get more benefit from them

It may seem difficult at first to grasp the essence of spiritual teachings and the ideas of great thinkers, but after a while, you will find

yourself reflecting on their writings and engaging with their thoughts You will feel that you have gained something valuable, because all those wise people drew their wisdom and knowledge from the infinite treasury of God's wisdom—ideas that might never have occurred to you in your entire life

* * *

Flowers and roses are beautiful and vibrant, but behind them lies a garden of immeasurably greater beauty and splendor Although this garden is utterly transparent and difficult to perceive at first, if you can penetrate the spiritual dimension through the gateway of the spiritual eye, you will be able to explore that ethereal realm and revel in its wonders

I dwell in that gentle realm where exquisite qualities and tender, delicate thoughts are sweeter and more fragrant than any earthly flower or rose There, the bee of my mind continually sips the nectar of divine presence

When we direct our focus inward, and live more and more in that hidden world within us, we find that our spiritual qualities take on special forms that act as windows through which we perceive the sweetness of God that surpasses description and imagination

* * *

Anyone who hears or reads these words knows that I am telling the truth

If I were to display all the powers God has given me, people would flock to me not out of love for God, but because of miracles But I do not desire

this kind of superficial discipleship They should be drawn not by power, but by the love of God, and that is my purpose in life

If I hadn't come to know God, I wouldn't have spoken this way And everyone can come to know Him if they wish to

I don't try to win people over by appealing to their emotions, but rather I speak to their minds and address their logic and discernment Blind faith is useless A person must activate the faculties of understanding that God has given them and not accept things at face value, but rather understand the causes, effects, and logic behind their spiritual orientations and practices

If I had a thousand mouths, I would speak with them all about God and the importance of turning to Him and getting to know Him

* * *

God does not ask man to be gloomy, sullen, desolate, or frowning This is not the correct understanding of God, nor is it the right way to gain His favor The more peace one experiences, the more one can feel the divine presence The greater one's happiness, the more one becomes in harmony with God Those who know God are happy because God is the source of the greatest joy

People try to find happiness in alcohol, sex, and money, but the pages of history are filled with stories of their shattered hopes and unfulfilled dreams The time I've spent in meditation has made my life incredibly fruitful

Divine guidance and wisdom reside in spiritual ecstasy

When a person is in harmony with God, even if he makes a mistake unintentionally, he will know how to correct the mistake, and if he expresses an incorrect opinion, God will rectify it and correct it out of love for his disciple

* * *

A balance must be struck between spiritual knowledge and the natural sciences Without this balance, individuals and nations will stumble amidst misery and destruction If the leaders of the modern world were spiritually enlightened and worked together, they could eradicate war and poverty from the earth within a few years

Spiritual awareness means a person’s awareness of the divine presence within himself and in all other living beings

That awareness alone can save the world, and without it, I see no hope for peace Let humanity begin with itself, for time is too precious to be wasted

Duty requires us to do our part to bring the Kingdom of God to Earth

Many hesitate to seek God, fearing that life will become bleak and dreary, devoid of beauty and joy But the opposite is true! The pure happiness that those who truly know God find in perfect harmony with Him is beyond words

I am in a state of spiritual joy day and night That joy is God, and knowing Him means shrouding all sorrows and burying them without regret

* * *

During his temporary stay here, man attaches great importance to this spectacle But he must not become overly engrossed in it and its endless events, for if he does, he will distance himself from God, who constantly tries, in every way and by every means, to draw us to Himself out of His great concern for us and His immense love for us

It puts before us all the miracles we wish to see: the wonders of growing things and the infinitely precise order of nature

It is behind the flowers and roses, and whoever seeks it sincerely will inevitably find it

Natural scientists did not arrive at their discoveries through blind prayer, but rather by following the laws of empirical science Similarly, anyone who sincerely and earnestly applies the laws of spiritual science will automatically find God by their side

It is time for man to open his spiritual eyes and realize that finding God requires a fervent and persistent desire and careful observance of God’s laws

* * *

God silently knocks on the doors of our hearts, calling us back to Him, but most people are unwilling to return Yet, when the world darkens before their eyes, and they become entangled in problems or fall prey to illness, they hasten to pray to Him and seek His help

Those who strengthen their bonds of harmony and accord with God during times of happiness and

prosperity will find God by their side when they need Him But those who procrastinate in fostering this relationship condemn themselves to face their difficulties and struggle with their trials alone until they can—with wisdom and complete submission—turn to their eternal friend and knock on His gracious door

Of the vast multitudes of humanity, very few truly seek God Where are those who thought this earth belonged to them two hundred years ago? They are all gone, and perhaps only a few, those who turned to God and came to know themselves, ever truly understood the reality of life Yet each successive generation considers this life to be real!

* * *

Before any other human being was with us, who was with us? God And when we leave this earth, who will be with us? God and no other But it will be difficult to recognize Him then unless we strive to recognize Him now If you search for God sincerely and deeply, you will find Him, and your certainty that He is always with you will be strengthened Worries and illusions will leave you, and you will never be deceived again

Everything in existence is a temptation to lure humanity away from God But God is far more alluring than any earthly temptation If you were to receive even a glimpse of Him, you would realize this truth and be able to find Him through prayer, spiritual contemplation, and unwavering resolve

* * *

The temple that God loves most is the temple of tranquility and inner peace for his followers, where they enter to meditate and converse, leaving behind the world and its endless concerns

We must not be dazzled by this ever-shifting procession of humanity As the caravan of time continues its journey, you will finally realize that you are an integral part of the greater entity When a person establishes a temple of beauty and spiritual peace within themselves, they will be able to sense God's presence and feel His closeness Otherwise, the illusions of the world are many, ever-present, and its worries fill our hearts

Each of us will be taken from this earth sooner or later, and therefore we must now understand the purpose of life The fundamental purpose of human experience in this world is to urge us to search for the meaning of life Make knowing God your goal, and know that a serious and sincere search for the secret of life will spare you many difficulties and save you from various fears

The fear of death, failure, trouble, or sorrow awakens great panic in a person When a person is unable to help themselves and their family and friends cannot offer any assistance, despair overwhelms them, and the world seems dark to them But there is no need to reach that state If they think of God throughout their lives and maintain a connection with Him, they will find Him close in times of hardship and difficult days

* * *

If most people find someone unattractive, they should examine themselves There might be certain personality traits that are off-putting Perhaps they talk too much, are prone to interfering in other people's affairs, or tend to tell others what's wrong with them and how they should live their lives, without accepting any suggestions for self-improvement These are just a few examples of psychological characteristics that can make us unattractive to others

Believing in God and having faith in God are two different things Belief is worthless unless we experience it and live by it Belief that transforms into experience becomes faith, and unwavering faith cannot be refuted or contradicted because it is an intuitive and unshakeable conviction of truth It is a great power, and its results are immediate and astonishing Faith works with absolute precision and leaves no room for error

* * *

In a person's eyes lies the entire history of their life, and it cannot be hidden from those who know how to read it There are spiritual eyes and worldly eyes treacherous, cunning eyes and lustful eyes everything a person does is recorded in their eyes, and if I were to analyze what I see in them, people would be astonished by my insight

We must avoid actions that taint the mind and corrupt the soul Wrongful actions create negative or malevolent mental vibrations that are reflected in a person's appearance and character Instead, we should engage in actions and think thoughts

that nurture the positive qualities we desire Those who consider these truths will find their lives become wonderfully beautiful

* * *

True friends rarely misunderstand us You can speak frankly with a friend without being misunderstood, but a friendship cannot grow and flourish as long as there is any hint or demand from one to the other

Friendship can only be built on a foundation of independence and spiritual equality Therefore, interactions between friends should be based on this principle and in light of this truth If you mistreat someone, you will never experience the sweetness of their friendship

There are many who walk the paths of life without friends I can't imagine how they manage to continue!

True friends rarely misunderstand us, and if they do, it's only for a short time If someone betrays your trust and loyalty, continue to give them your love and understanding as if nothing happened, just as you would want to receive trust and loyalty in return

But if that person continues to act with contempt and hatred towards you, and keeps slapping the outstretched hand of friendship towards him, then it is better to withdraw your hand for a while

* * *

Each one of us will be taken from this earth sooner or later, and therefore we must realize the purpose of life now

The ultimate goal of human experience here is to stimulate and encourage the search for the meaning and purpose of life This human journey should not be given undue importance As the caravan of time continues its course, we will eventually realize that we are part of a greater existence, and therefore, we must make the knowledge of God our ultimate goal

The fear of death, failure, trouble, or painful sorrows awakens great panic in a person

When a person is unable to help themselves, and when their family cannot offer assistance, their psychological state is unenviable But God will not abandon those who believe in Him and trust in His ability to help them

Before any human being was with us, God was with us And when we leave this earth, God will be with us

But we cannot know God unless we make the effort now and strive sincerely to communicate with Him and draw closer to Him

* * *

In my early years I suffered from extreme sensitivity, and as a result I was the one who suffered the most

It was a process of self-torture Because I was so sensitive, it seemed to me that others enjoyed upsetting me and robbing me of my peace of mind

Don't let anyone take away your peace

My annoyance wasn't solely due to others' sarcasm and mockery; it also stemmed from my sensitivity to their comments I discovered that the more I argued with my critics, the more they enjoyed it

Finally, I resolved that no one could destroy my inner peace, and I said to myself: "Let them criticize as much as they want, but I will no longer pay attention to their criticism"

And that's exactly what happened I ignored their unfair and hurtful comments completely, as if they didn't exist Gradually, they lost their desire to mock me and became my friends; some even followed in my footsteps

It is futile to try to ask for kindness and respect from others; rather, we must be worthy of it ourselves

If we are sincere with others, show them respect, and reciprocate their kindness and affection, they will always treat us with respect

We should not paralyze the goodwill of others towards us with our extreme sensitivity when they criticize us constructively, but rather we should cooperate with everyone who tries to help us

* * *

This world will always experience problems and turmoil Instead of giving in to fear and anxiety, man should turn to God and obtain peace, security, and safety, not only for himself but also for his loved ones whom God has placed in his care

We should not be too attached to the dreams of this fleeting life, but rather be in close harmony with God

Outside of God, there is no security anywhere We must recognize our connection to God so that we may rid ourselves of illusions once and for all

By meditating on God, we feel His joyful presence and get rid of life's nightmares

* * *

An exercise to relax the body and calm the mind:

Tighten your body muscles moderately using willpower With willpower, direct the life force (during the muscle tensioning process) to flood the body or any part of the body with activity

I feel the energy vibrating, pulsating, charging the body and revitalizing it with vitality

Relax and feel a surge of life and energy flowing through your body's cells and tissues

I feel that you are not the body, but the life that sustains the body

Feel the peace, freedom, and increased tranquility that come with practicing this exercise

* * *

If you are guided by divine awareness, even if the future seems bleak, things will still improve and you will not fail as long as you walk in the light of God and are guided by His guidance

We must get rid of the idea that God, with all his wondrous powers, is far away in heaven, and that we are weak and buried under piles of difficulties and problems on this earth

Let us remember that we are not alone, that behind our human will lies the great divine will, and that whoever sincerely and faithfully seeks help will certainly receive it

* * *

Everything in the universe is interconnected and closely linked to others

Through the proper use of the human intellect gifted to us by God, we realize that all of life is connected to the Supreme Mind

We may sometimes think that we are a plaything in the hands of fate, but when we release our consciousness beyond limited, illusory forms and test the extent of our awareness and understanding, we become aware that within us is a spark of divine power that creates and sustains all of life, and that it is waiting to be awakened

* * *

An inferiority complex is born from a hidden awareness of a real or perceived weakness

In an attempt to compensate for that weakness, some people may resort to wearing a shield of false pride and puff themselves up with vanity

Those who do not know the real reason behind that abnormal psychological state may say that the person has a superiority complex

Both of these complexes indicate an inner disharmony and are destructive to self-growth They are born of imagination and a disregard for reality, and have no connection to the nature of the powerful soul

Self-confidence must be established on the foundations of real achievements and the realization that enlightened souls lack nothing because they are rich in God

* * *

The nervous system has two functions:

The nervous system allows us to interact with the world Ancient yogis discovered that the nervous system also serves to connect humans with God

The life force in the human body usually flows outwards, from the brain and spinal cord through the nerves to the senses and their external sensory experiences

When that life force is controlled – through meditation – it reverses its flow inwards instead of outwards, and pulls consciousness with it to the transparent axes or centers where spiritual perception and knowledge of God reside

Nervousness—which is excessive stimulation of the nerves—restricts bodily consciousness, while tranquility draws in divine consciousness

When you meditate and shut off the external nervous energy and calm yourself, the life force withdraws from the senses to the centers of spiritual consciousness, and a connection is then established between your nervous system and higher consciousness, so you feel the divine presence and become in the land of light beyond the area of sleep and unconsciousness

* * *

Many are interested in the freshness of youth, as in one way or another everyone is looking for the "fountain of eternal youth," but what is youth?

Not all young people are necessarily young, as some are indeed quite old and appear far more frail than their actual age Conversely, there are some elderly people who retain their youthfulness despite their advanced age They keep their minds sharp, their vitality flows from their energetic spirits to their bodies and faces, and their blood pulsates with the joy of existence

On the contrary, there are negative, moody, depressed, critical, and discouraging people, as if they have passed away – may your lives be long

There is no excuse for misguided psychological states We should always be positive, optimistic, full of life and energy, appreciative of God's blessings, and immersed in a surge of spiritual youth emanating from the depths of our being

* * *

My brothers and sisters in this world, please remember that God is one and that we are all members of one universal family Therefore, we must adopt constructive ways to help one another —materially, morally, financially, and spiritually— so that we may become exemplary citizens of this earth

If every individual in a society of 1,000 people resorted to cheating, deception, and fighting to enrich themselves at the expense of others, each would have 999 enemies However, if each person

tried to cooperate and work with others, rather than against them, each would have 999 friends

Similarly, if all countries helped each other out of love, the earth would be at peace and there would be many opportunities to meet everyone’s needs and enhance their well-being

* * *

Those who have attained spiritual enlightenment embody the ideal qualities of both masculinity and femininity When a person achieves perfect balance between intellect and emotion, they have learned one of the most important lessons for which they came to this earth One must realize that their essential nature is spiritual, not physical

When a man and a woman view each other solely as a means to satisfy their desires, they risk destroying harmony and losing true happiness A man must make a woman feel that she is not with him merely to fulfill his sensual urges, but as a partner and companion whom he values, respects, and considers an expression of life's most beautiful and profound meanings A woman, too, should view a man in the same way

When a husband and wife love each other with a pure and sincere love, they experience complete compatibility on a physical, mental and spiritual level

When they express their love in a refined manner, the result is a successful union and renewed happiness

* * *

When a person is unhappy in life, they are acutely aware of it deep down There is only one direct path to happiness, and that is through connection with God

God will never abandon those who trust in Him, nor will He ever let down those who love Him

Those with spiritual insight can outline the path and point out obstacles and pitfalls, but serious seekers must exert the effort and traverse the distance themselves Spiritual harmony with those who have a genuine connection with God offers spiritual benefit to those who wish to walk the path and reach the desired goal

* * *

Peace of mind

When burning worries lose their heat

Tranquility emerges, bringing peace and tranquility

It is the white mast of the boat of life

It is filled with the breeze of lasting happiness, free from excitement

So she gently pushes the boat across the surface of Lake Al-Rida

Tranquility is the gentle flow of contentment towards the sea of peace, untouched by the waves of worry It is the umbrella of the soul, spreading over the mind and heart of man to protect the joys of his life, both small and great, from the rains of fear and anxiety

It is the heavenly note emanating from the lyre of life It is the sacred salt on the table of life, the spray flying from the waterfalls of

achievement, and the wonderful, serene mood by which the kingdom of the soul is governed in harmony and accord

Tranquility is not exclusive to secluded retreats

Nor is there any escape from the commotion and noise

Rather, it comes where hearts welcome it

And she stays where souls find comfort in her

Regardless of time and place

It is a delicate, fragile flower

It cannot tolerate rough touches

Rather, it lives, blossoms, and flourishes

If it is watered with fresh, pure water

Tranquility is a still lake of feeling

Free from the wrinkles of sorrow

She who sheds tears of fear

For the slightest hint of anxiety and distress

When the page of the tranquil soul is covered

A layer of pure, bright white snow:

The snow of tranquility and peace of mind

The storms of fear and the hurricanes of worry will not prevail

Disturbing peace and tranquility

Beneath this hard, shiny layer

For this blessed, radiant glow

* * *

Friendship is the purest form of divine love

Because it is born of the heart's free choice

It is not imposed on us by familial instinct

Perfect friends never part ways

Nothing can sever the bonds of their brotherly affection

The treasure of friendship is the most precious possession

Because true friendship is intertwined with the soul

Beyond the limits of this world

All the friends with whom we share bonds of affection

We will meet them again in the heavenly house

Because true love never dies

* * *

Many come to the spiritual path, but those who persevere to the end will taste spiritual bliss and enjoy true peace

The sincere disciples - who realize that the dark, muddy paths of the world lead to disappointment and frustration - turn to God and seek Him with all sincerity, and they have no doubts about His ability to rescue them and comfort them

Whether the seeker receives a tangible response from God or not, he does not lose his trust in Him, but continues to supplicate to Him in the depths of his soul, certain that He hears the supplication and that He will respond to the call of the heart at the appropriate time

* * *

Science has proven that every particle of matter is indestructible, and every wave of energy is indestructible

This also applies to the human being himself or his immortal spiritual essence

Matter is subject to change, and the human soul experiences changing experiences

The final change is called death, but death or change of form does not change or destroy the spiritual essence

* * *

O Lord of the universe and Beloved of hearts, may Your care accompany us Let us recognize that You are the one and only Divine King, enthroned upon the throne of our aspirations

Beyond the gate of life and death, You, O Lord, are the sole and supreme goal

You are real life, and nothing exists without you

Blessed be we so that we may see good, hear good, and think inspiring and beneficial thoughts

The humble are the great ones of the world

The seeker must search for God himself, as no one can give him that knowledge; rather, he must work to obtain the ultimate prize

When a seeker makes a firm decision to find God and combines that determination with serious contemplation, he will find Him

Once you touch the divine presence, you transcend the law of cause and effect

The happiness that man imagines and seeks is found in God, and those who are in contact with Him are the truly happy ones

Bless us, Lord, so that we may give you first place in our lives and so that we may not allow the

temptations of the world to compete with your love in our hearts

Let us open our hearts to divine love so that it may enter our lives, fill them with light, and adorn them with the roses of happiness

Every good deed we do is a winning investment forever

Behind the limited consciousness of man lies the infinite power of God

A simple life gives freedom

When thoughts are calmed, it becomes possible to listen to the divine program through the radio of longing And when we possess sincerity, we attract sincere people to us, and through them, we experience God's goodness and love

* * *

No matter your age, if you say "I can" you are young

The mind that God has given us is a mighty tool and He wants us to use it to do good

The more I contemplate God within me, the more clearly His presence appears to me in the world around me

* * *

Bless us, O Lord, and make us love You with a great love

So that we may savor your presence and be enraptured by you

Every day of our lives

So that the world and its temptations cannot possess our hearts

Or distract us and prevent us from thinking about you

Bless us so that we may live each day in your light and peace

We long for you and eagerly await your contact

Instead of being eager for worldly things that have no permanence

Direct the course of our lives towards you

So that when bad habits try

To possess us and bind our consciousness to the constraints of this world

Our ideas are flying to you at high speed

The world, Lord, creates anxiety within us

While you meditate

It brings security and peace of mind to our souls

You are our life

And you are our beloved

And the sweetness of our presence

With deepest devotion we bow down to You

O Lord of our hearts

We ask you to fill our lives with your love

And to show yourself to us

And to all your followers and lovers

Buddha and his beloved: Master #Paramhansa

More lectures by the teacher

Paramhansa Yogananda

At the following link:

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In India, Buddha is considered a divine incarnation He lived about five hundred years before Jesus Christ and was the son of an Indian king

Gautama's father (who later became known as the Buddha, meaning "the enlightened one") surrounded his princely son from birth with every luxury and beauty, showering him with boundless indulgence Gautama's wedding was said to be so magnificent and extravagant that the ancient kingdoms had never witnessed its like

In this manner, Gautama grew up and reached manhood, believing that the world around him was a place of perpetual joyous occasions and endless happy events

But Prince Gautama was eager to discover the world beyond the palace gates and lush gardens One day, he went out in disguise with his chariot driver to see the world for himself

The handsome young man was shocked and deeply affected when he saw for the first time in his life an old, frail old man, and another person breathing his last breaths, as well as seeing a lifeless corpse

He looked at his healthy, vibrant body and asked the pilot if his body, too, would one day age, decompose, and lose its spark of life The pilot reluctantly replied:

"O Prince, all human bodies are susceptible to disease, weakness, and aging, and their fate is therefore death"

Upon hearing this, the young prince began to seriously consider the illusions of earthly life One night, while his wife and only son slept, Gautama cast a final glance at them, and with tearful eyes, he left the palace in search of the truth that would forever liberate humankind from sorrow and pain and grant them a true understanding of the mystery of life and death

The prince practiced many forms of asceticism and self-denial It is said that he spent seven years in fasting and other spiritual practices Finally, while meditating under a banyan (fig) tree in the Bodh Gaya region of India, he attained complete enlightenment

He then resumed eating normally to nourish his body and spread throughout India the principles of compassion and equal love for all living beings—human, bird, and animal He also advised against attachment to worldly things in the hope of attaining nirvana, or the state of detachment that liberates the soul from reincarnation

Later, his followers spread his teachings throughout India, Japan, China, and other parts of the world

The state of Nirvana, or the absence of duality, is often misunderstood as the annihilation of the self But what Buddha meant was the annihilation of the limited personality or false self This narrow personality must be annihilated so that the immortal soul can achieve liberation from the cycle of returning to the human body

The Buddhist doctrine of annihilation, which considered it the goal of life, was later replaced in India by the Swami doctrine of Shankara, the founder of the Swami order in India, who taught that the goal of life is to achieve blissful conscious union with the universal spirit without the annihilation of self-awareness

Master Buddha and his disciples were celibate While they were traveling in India, a strange incident happened to Buddha that puzzled his disciples and made some of them doubt their teacher's behavior

As the great Buddha rested with them in the shade of a tree, a woman approached them and was irresistibly drawn to the Buddha's body and face, which emanated an extraordinary radiance She instantly fell in love with him Overwhelmed with passion, she rushed to him with open arms to embrace and kiss him, crying out, "O joy and light of life, my heart beats with love for you!"

The disciples were surprised when they heard their master answer the temptress by saying, "My

dear, I love you too But do not touch me now, for the time has not yet come"

She replied: "You say 'my love' and yet you forbid me from touching you!"

The great Buddha replied: "Rest assured, my love, that I will touch you later, but not now And I will prove how much I love you"

Finding that she was not convinced by his words, he added: "Trust my words, my beloved, and never doubt them Later, when your lovers who are now in love with you have left you, I will come to you"

His students were bewildered to hear these romantic tales from their master, and some of them thought that their teacher had indeed fallen into the trap of the seductress

Years after that incident, while Buddha was meditating with his disciples, he suddenly exclaimed: "I must go, for my seductive beloved is calling me She needs me now, and I must fulfill the promise I made to her"

As soon as he uttered these words, he got up and ran off, and the disciples ran after him in a desperate attempt to save him from the temptation of the seductress

Finally, the great teacher and his disciples arrived at the same tree where he had met the

temptress years before What did they see under that tree?

They saw the same woman lying on the ground, her beautiful body riddled with smallpox and filled with foul-smelling, festering pustules

The disciples trembled and immediately moved away from her, but Buddha, with his tender heart and deep love, sat beside her, lifted her decaying body, placed it on his lap, and whispered in her ear:

"My love, I have come to prove how much I love you, and to fulfill my promise that I will touch you I have waited a long time to prove to you my sincere love I love you when everyone else stops loving you And I touch you when your friends – the days of glory – do not want to touch you"

When he uttered those words, he immediately cured her of her miserable condition and asked her to join the family of his disciples, and she responded to the request with unwavering determination and joy beyond measure!

Peace be upon you

Affirmations For general healing

On the throne of every feeling, every thought and will,

O Lord, You sit, and You watch over my being

You are thought, will, and feeling

You guide You direct every thought, will, and feeling

So that you may act according to your guidance

And follow your guidance

And become your example

In the temple of consciousness there is light

Your light is the great healer

What my eyes have seen before, I see now

My temple is now illuminated, there is no darkness in it!

I fell asleep and dreamt of the destruction of the temple

With the axes of fear and ignorance, and the fires of anxiety

You only woke me up to see the structure intact, not in ruins!

I want to worship you, I want to see you

In my being, in the stars

In the body's cells, they function regularly

It corrects and repairs every defect in the body

Oh, how I long to worship you

I see you in my body, around me, and in all of existence

You are all-existent

My love for you, O Lord, is boundless!

Your will, O Lord, is at work through me

My will is a spark of your light

Within me, light shines, and darkness pushes back

I will intend and want

I will work and build

Don't let my ego guide me

Rather, you are the one who directs

And you are the one I listen to

I will accomplish it through willpower

Relentlessly active

So strengthen my resolve, O Lord

By Your great will

Let us, O Lord, become

Like innocent little children

Like those who enjoy the kingdom of heaven

Your love within us is perfection

And as you are perfection

This is how we are healthy, both physically and mentally

You are omnipresent and perfection resides in your presence

Your light shines within the body

Its cells are healthy drawing from your light

Let me realize that you live in my mind

With my soul and being

With every atom of my body

Let me realize!

O life of my life, you are perfect, you are all-encompassing

You are in my heart and you are in my mind

With my eyes, my face, and my body

You are the one who moves my feet so that I may walk

They are both sound

Your strength is your support; your activity is your strength

I will not fall because you support me

I don't fall because

I rely on your strength!

You are in my throat

You are in my womb and in my membranes

Every organ glows with light

In my spine you flicker, you shine

He is powerfully charged, completely healthy

You flow through my nerves, pure energy

She is perfectly fine

In my veins in my arteries it flows

You are a fire that consumes all impurities

It purifies the body from all diseases

Just as you are my beloved, so am I your beloved

I feel your presence in my mind

It pulsates with the current of life

Let my imagination soar beyond all limits

Let it fly in every region without hindrance or restrictions

If I think about illnesses, I might become ill myself

When I think about health, I feel healed

Every moment, every hour, every day

I feel strong, I feel healthy

I feel happy, energetic, and joyful

I dreamt that I was sick

I woke up and laughed when I found

My tears are welling up in my eyelids

These are tears of joy, not tears of sorrow

I am very healthy and sound

Despite the dreams of illness

Oh God, let me feel your joy

And I love you and your presence

Whether I am obedient or stubborn

I will remain your beloved, my Lord, forever

Let me feel that I am always healthy

And I am happy in my life

Let me fill your happiness

Let me understand, O All-Knowing One

For Your wise will!

Self-analysis: The key to a happy life

Master Paramhansa Yogananda

Translation: Mahmoud Abbas Masoud

Let us abandon the confines of the ego and wander through the vast, boundless meadows of spiritual progress Like the caravan of time, ever-traveling along the paths of life, so too must the caravan of the soul journey along the paths of ultimate expansion toward the threshold of the divine spirit

The initiative to fulfill life's most important duties often remains buried beneath the rubble and debris of human habits One must free oneself from the stifling influence of these habits and begin sowing the seeds of the success one longs for in the soil of one's life Life acquires value and significance when we accomplish the most essential and fundamental task: discovering the true meaning and value of our existence

Human beings must understand that these dynamic cosmic images of life are not presented without reason Every day we see new scenes, and every day brings new lessons that we must learn by focusing on the ultimate purpose of human existence: to recognize the Supreme Being hidden behind the veil of life

Millions of people never engage in self-analysis Psychologically, they can be likened to automated products of their environment They spend their lives preoccupied with breakfast, lunch, dinner, work, sleep, and going here and there in search of entertainment and amusement They don't know what they are looking for, why they are looking for it, or why they haven't found complete happiness

and lasting contentment Without self-analysis, people remain automatons, governed by the conditions of their environment Proper self-analysis is the most effective way to progress and develop one's potential

Self-analysis must be conducted with honesty and integrity The best way to do this is for a person to write down their thoughts and aspirations daily, allowing them to confront their true self without embellishment or pretense Most people don't change for the better because they fail to see their own flaws

Everyone is a product of their environment and heredity A person born in a particular country will exhibit the distinctive characteristics of that country Someone born in China or a Western country will most likely display traits and qualities associated with those countries The environment in which an individual lives is a result of hereditary factors: the advantages and desires acquired in previous lives The characteristics acquired from past incarnations lead to the individual's birth into the family or environment in which they find themselves

When we read about famous families, we often notice that the children of great people are not necessarily on the same intellectual level as their parents This biological and genetic failure in humans raises suspicion and questions: Why don't we find the same results in human life as we observe in the plant and animal kingdoms, where

good breeds usually produce good breeds? We must delve into the inner workings of human life in search of the answer

It is not unusual to find a child in a family specializing in literature and science who has absolutely no interest in literature It is true that he was born and raised in a literary environment among literature lovers, yet he does not share the same inclinations Why and how do such paradoxes occur? Environment and heredity do not offer a logical explanation for this phenomenon But behind all these factors lies the truth of reincarnation We are born into a particular family due to a similarity in certain characteristics But each member of the family is an independent individual, with traits brought from their past lives For this reason, despite some biological and genetic similarities between family members, each person differs from others in character and personality

A person chooses to be born into a particular family and into a specific social or national environment for specific reasons determined by their past actions From this perspective, a person is the architect of their own destiny and the planner of their fate One can predict, to a certain extent, what they will become in their future life by analyzing their desires and prominent habits in this life

This is where the importance of self-analysis for spiritual growth lies Some people are addicted

to reading tragic novels, considering them their favorite genre and feeling they will continue to enjoy them for the rest of their lives But if they were to analyze themselves, they would find that they often become depressed and irritable from constantly reading this type of literature Because of this depression, they might want to break the habit and instead cultivate a habit of reading spiritual books that inspire their thoughts and nourish their feelings with sound and sublime ideas If they make this change, they will find that their lives have taken a wonderful new course thanks to conscious discernment and strong determination

It is true that we can change ourselves very quickly if we want to, but changing patterns and habits of years requires real effort and a strong will

To eradicate a deeply ingrained habit, all the forces of determination must be mobilized in the opposite direction until the bad habit is neutralized and its power nullified Most people lack the necessary patience and perseverance for this However, one must realize that what one has created or done can be erased or nullified

When you analyze yourself, have a strong desire to eliminate your weaknesses and become the person you are meant to be Don't feel discouraged or frustrated when you discover flaws that honest self-analysis highlights; instead, consider it an opportunity to identify what needs addressing in your personality

A theory has emerged claiming that thought is a product of the endocrine glands This concept is unfounded Flesh and bone cannot produce thought The mind is the master architect of all things, both general and specific Just as water becomes ice through cooling, thought takes on physical forms through condensation Everything in the universe is thought in physical forms Even the endocrine organ is a physical manifestation of a miniature model of thought

A person's physical and psychological state are closely intertwined For example, it has been observed that individuals with liver disease often become irritable and ill-tempered When someone suffers from excessive bile secretion or liver dysfunction, they may not feel inclined to smile or be cheerful with everyone they meet Instead, they may feel angry and irritable Thoughts and emotions are influenced by physical condition

When organs are damaged, it negatively impacts mental strength, which in turn weakens Those who eat a lot of meat are often prone to anger and irritability If a person were to consume only grape juice for a week, they would feel refreshed and harmonious with everyone

Overeating and consuming unsuitable foods create and retain large amounts of toxins in the body, which undoubtedly have a negative impact on the mind, making it sluggish, lethargic, and easily irritated Intermittent fasting on grape or orange juice helps cleanse the body, which in turn

helps to revitalize the brain and energize it Furthermore, therapeutic fasting for one day a week, and sometimes for three days at a time (while drinking water and juice during the fast), has been shown to help cleanse the body of accumulated toxins and waste Fasting for more than three days at a time should be done under the supervision of a doctor or a fasting specialist

I once met a seventy-year-old man who was wearing light clothing, no coat, and no socks, even though it was very cold He assured me that he didn't feel cold at all! He had accustomed his body to the cold weather The mind influences the body more than the body influences the mind, even though the body's chemical elements constantly affect the mind

(Note: Serious research into the impact of food and nutrition on mental health had been underway for many years before Paramhansa made this observation People who grew up in poverty and were deprived of proper nutrition certainly showed impaired mental development and slower responses In addition, science has shown that some forms of insanity [which are still considered incurable] have improved significantly with the simple use of vitamins Also, the causes of some types of depression, anxiety, and other emotions can be traced back to an imbalance of chemical elements within the body)

While the mind has a significant influence on the body, it's unwise to neglect the body One

should prioritize healthy food over unhealthy food If circumstances require you to live with people who make you irritable, it's advisable to change your environment from time to time But even better than all of this is to change your psychological state so that you are not bothered by the actions of others Change yourself, and you will be able to live in peace and happiness anywhere

The world as a whole is like a mental asylum Some people suffer from jealousy and envy, others from anger, hatred, and lust They are victims of their habits and emotions But you can create peace in your environment Analyze yourself Emotions have definite repercussions in the mind and body Envy and fear make the face appear pale, while love makes it radiant When you can be calm, you will always be happy

Whatever form of self a person strives to cultivate, they must make an effort to analyze their true nature and develop its best qualities A person might possess a moral, ethical, patriotic, artistic, or entrepreneurial identity, and so on If their goal is to align with the highest moral ideals, they must live with integrity and possess goodwill and benevolent intentions toward all This is the essence of virtuous conduct It is pride that drives those who justify themselves to criticize and condemn the weak around them But those of noble character and understanding souls empathize with others and do not condemn them for mistakes stemming from ignorance and misjudgment

Those with materialistic tendencies often suffer unnecessarily Such people must learn self-control, otherwise they are like moving pieces of the physical world, obligated to smoke a certain number of cigarettes a day and eat specific foods They get a headache if they miss their coffee or lunch and can only sleep on a mattress with specific characteristics While comforts are fine, one should not allow them to enslave oneself Balance is essential, and unless one balances their mental, physical, and spiritual natures, one will not know happiness It is unwise to allow the material nature to dominate one's wisdom and discernment The final word and ultimate decision should always belong to conscience and insight

A simple life and lofty thoughts should be the goals of humankind We must carry all the elements of happiness within ourselves This is possible through meditation and aligning our consciousness with ever-renewing spiritual joy God is universal bliss, and in harmony with Him, we feel His joy and taste His sweetness We must never mortgage our happiness to any external influence Whatever the environment in which we live or work, we must protect our inner peace from its influence Analyze yourself and become what you ought to be and what you want to be People rarely learn true self-control; instead, they do things detrimental to their own well-being and yet believe they are happy! But their happiness is illusory The true key to happiness and success lies in doing the things you want to do because it is your duty, and refraining

from doing harmful things because avoiding them is better

You shouldn't keep your mind preoccupied with numerous concerns and interests Evaluate them to determine if they are truly important Time is precious and shouldn't be wasted Reading one beneficial book can improve your well-being far more than watching movies I often say, "If you read for one hour, write for two If you write for two hours, think for three If you think for three hours, meditate the entire time"

Wherever I go, I always maintain my spiritual peace and tranquility The compass needle always points north Likewise, the mind should always be directed towards the pole of spiritual joy; then no one will be able to disturb your peace or disrupt your balance

A person should strive to be better each day than the last, otherwise they may be regressing in terms of health, inner peace, and happiness Why? Because they aren't making enough effort to control their thoughts and actions Humans create their habits, and they can change them If you find yourself prone to negative thinking, surround yourself with good people, read good books, and meditate Changing your companions, if necessary, can have a positive impact on your life

When you resolve to change for the better, remember that good company and positive influences are crucial and indispensable to

achieving your goals The influence of the environment—good or bad—is stronger than willpower, so keep this in mind when dealing with others

Self-analysis is also essential for self-improvement If you can analyze yourself boldly and fearlessly, you will be able to withstand the analysis of others and their criticism will not affect you

Those who dwell on the flaws of others are predators The world is full of evil, so one should neither speak evil, nor think evil, nor do evil Rather, one should be like a rose, spreading the fragrance of kindness, pure intentions, and brotherly love Let people feel that you are a true friend—a builder, not a destroyer If you wish to be better than you are, analyze yourself and cultivate the noble qualities within A kind soul speaks more eloquently about its owner than words, for it emits a unique vibration that others sense and understand without error Think of light, and darkness will vanish Study, reflect, and do what you can to help others and lift the burden of worry, pain, fear, and injustice from their shoulders

Many people wander aimlessly through life, without a clear goal Define your purpose and work towards achieving it Set aside time for introspection and private prayer There are many inspiring things waiting to be discovered, yet we often waste our time and energy on trivial matters Happiness will not come unless we focus on the

wisdom of great figures and are guided by their light Their ideas are found in other spiritual books and writings to help and guide us

It is fine to enjoy the pleasures of life, but there is no substitute for inner life and introspective contemplation, because happiness depends on contemplation and on getting to know great minds through their ideas preserved in books, just as it also depends on surrounding yourself with good and noble people

Solitude is enjoyable for those who love contemplation, but that doesn't mean distancing yourself from people or isolating yourself When you wish to socialize, do so wholeheartedly, with all your love and friendship, so that your friends find comfort in your presence and always look forward to seeing you and enjoying your good company

Peace be upon you
Effective risk

Paramhansa Yogananda

I entered the hermitage and proudly presented my teacher, Sirri Yuktsuwar, with a basket of vegetables, saying:

"This is a gift for you, sir! These six large cauliflowers I planted with my own hands and cared for throughout their growth stages with the tenderness of a mother for her infant child"

Sri Yuktiswar replied with a grateful smile, "Thank you Please keep it in your room; I will need it tomorrow for a special dinner"

I had just arrived in the city of Puri to spend the summer holiday at my teacher's coastal hermitage This two-story, cheerful retreat overlooks the Bay of Bengal and was built by the teacher with the help of his disciples

I woke up early the next morning, refreshed by the salty sea breeze and the serene charm of the hermitage I heard the teacher calling me in his melodious voice, so I glanced at the cauliflowers, brimming with love and affection, and then carefully arranged them under my bed

The teacher said, "Let's go to the beach" He walked ahead, and I followed him with a group of young students The teacher looked at us reproachfully and said:

"Please walk in two rows, keeping your steps in sync with each other"

Then he examined us as we obeyed him and began to recite something to the effect of:

O boys, be strong and march in orderly ranks!

I was impressed by the smoothness with which the teacher was able to keep up with the graceful steps of his young students

The teacher looked me in the eye and said, "Stop! Have you closed the back door of the hermitage?"

I replied, "I think so, sir"

Seri Yuktsuwar remained silent for a few minutes, a faint, almost suppressed smile playing on his lips, then finally he said:

"No, I overlooked that Sacred meditation should not be used as an excuse to neglect performing physical meals"

I thought he was joking, but he added: "Your six cauliflowers will soon become five"

We returned as the teacher had instructed, and when we approached the ritual place he said:

"Wait a moment Look, Mukunda (Paramhansa), to your left across the courtyard towards the road Someone will come there shortly and will be the cause of your punishment"

I concealed my annoyance at these vague remarks Suddenly, I saw a villager on the road dancing strangely and gesturing nonsensically with his arms I was nearly struck dumb with curiosity and stared intently at the utterly ridiculous sight Just as the man was about to disappear from our sight, Sri Yuktswar said, "Now he'll be back"

The villager immediately changed course and headed towards the back of the hermitage After crossing a sandy path, he entered the building

through the back door, which I hadn't locked, just as my teacher had instructed A short while later, he emerged carrying one of my prized cauliflowers, his pride evident as he strode with an air of dignity and respect

This comical scene, in which I appeared as the victim, did not deter me from giving chase to the thief, whom I pursued with furious speed I had barely reached the halfway point when Sri Yuktiswar called out to me, shaking with laughter from head to toe, and asked me to return Between bursts of mirth, he explained:

"That poor fellow was craving cauliflower So I thought it wouldn't hurt for him to get one of your cauliflowers that you didn't maintain properly!"

I rushed to my room and discovered that the thief was a vegetable lover, for he hadn't touched my gold rings, my watch, or my money, which were all scattered on the blanket Instead, he had crept under the bed to the hidden basket of cauliflower, fulfilling his heart's desire

That evening I asked Sri Yuktwar to explain to me that incident, which was not without some perplexing features The teacher slowly shook his head, saying:

"You will understand that one day Science will soon discover a number of unknown laws"

A few years later, when the wonders of radio suddenly dawned upon a world in awe, the

teacher's prophecy was remembered The old ideas about space and time vanished forever, for now there is not a single home, however small, that is not reached by the multitude of global radio (and satellite) channels Even the most obtuse minds have been opened and have expanded before the irrefutable proof of one of humanity's defining characteristics: the totality of existence

The comic tale of the cauliflower can be understood by comparing it to a radio My teacher was a complete transmitter and receiver Thoughts are nothing but subtle, ethereal vibrations Just as a sensitive radio picks up a specific program from among thousands broadcast everywhere, so too was Sri Yuktiswar receptive to one thought—the thought of the fool obsessed with cauliflower—from among the countless human thoughts broadcast in this world As we walked toward the beach, the teacher sensed the simple villager's desire and immediately acted to fulfill it My teacher's holy eye spotted the man dancing before the students did My forgetting to lock the hermitage door gave the teacher a convenient excuse to deprive me of one of my beloved plants Thus, Sri Yuktiswar, having acted as a receiver, also acted as a transmitter In this role, the teacher was able to guide the villager to reverse his steps and go to a specific room to obtain a single cauliflower

Insight is a guide of the soul and truly manifests itself in a person during moments of tranquility Almost every person has experienced

an inexplicable inner intuition or been able to effectively convey their thoughts to another person

A human mind free from the distractions of anxiety has the capacity to perform all the complex functions of a radio: transmitting and receiving thoughts, and filtering out unwanted ones Just as the transmission power of a radio station depends on the amount of electricity it uses, the effectiveness of the human mind, like a radio, depends on the willpower of each individual

All thoughts remain forever adrift in the universe Through deep concentration, an enlightened teacher can capture and read the thoughts of any person, living or dead Thoughts are of a universal, not individual, origin Truths cannot be created but discovered False thoughts—small or large—stem from an insufficient capacity for discernment The goal of yoga is to quiet the mind so that it can hear the unerring guidance of the inner voice, without distortion or confusion

Radio and television brought the voices and images of distant others simultaneously into the homes of millions This was the first scientific indication that humanity is a universal spirit Although blind subjectivity attempts by all means to dominate and seize the essence of humanity, it is not a body confined to a specific point in space, but rather a spirit of universal existence

In this regard, Charles Robert Richet, Nobel laureate in Physiology, wrote the following:

"It is truly strange and remarkable that improbable natural phenomena still occur When they become established, they will no more amaze us than science did in the last century The phenomena we now readily accept are thought to cease to amaze us because they have become understandable But this is not the case If they no longer amaze us, it is not because we understand them, but because they have become familiar If we are to be amazed by everything incomprehensible, then we should be amazed by everything: by a stone thrown into the air, by an acorn that grows into a large oak tree, by mercury expanding when heated, and by iron being attracted by a magnet"

"Science today is no longer complicated The amazing and unexpected facts that our descendants will deduce are now close to us and staring at us, so to speak, even though we do not see them But it is not enough to say that we do not see them: we do not want to see them, because as soon as an unexpected and unfamiliar fact appears, we try to put it into the general framework of accepted knowledge, and we get angry if anyone dares to experiment after that!"

Source: Yogi's Diary: The Autobiography

I saw you hiding

I gazed at a flower and prayed, and immediately I saw you, O Divine Spirit, hidden within it It exuded the fragrance of your presence,

its petals were tinged with your rosy innocence, and its heart shone with the gold of your wisdom

And I saw your all-encompassing power supporting its slender stem and its lush green leaves As for the mysteries of life and eternity, I saw them slumbering in the pollen dust, and your infinite touch inspired the bee and inflamed its breast, so it began to sip your sweetness

Grant me knowledge of the wonders of Your creation and reveal to me Your endless secrets, hidden even in the smallest weeds growing by the roadside

Whispers from eternity

Taming one's nature or overcoming harmful traits

It's not easy to define temperament, but we know what it is When you're in a state of agitation and anger, your behavior isn't normal, and you're not the person you should be As a result, you feel distressed and withdrawn And what could be more foolish than for a person to cause themselves unhappiness through their actions and reactions?

No one likes misery Shouldn't a person analyze themselves the next time they're in a gloomy mood? If they do, they'll see that they're voluntarily making themselves miserable When they're in such a gloomy state, others around them sense their distress and avoid their company

Wherever a person goes, they speak volumes without words, for their overall mood is reflected in their eyes, and anyone who looks at them senses

the negativity emanating from them Seeing the dark, malevolent emotions reflected in their eyes, others are repelled, preferring to distance themselves from those unsettling vibrations Anger must first be banished from the mirror of the mind before its reflection in the eyes can be erased

In this world, man lives in a glass house, exposed to others, unable to feign or pretend Therefore, he must live a natural life Why not act in a way that earns him respect and admiration? Why not see the nobility in his eyes and the joy on his face? All of a person's good qualities and virtues are hidden within, beneath a layer of gloom and misery

Not only do others notice his behavior, but he also observes theirs Because he tends to compare himself to others as a result of constantly observing those around him, he falls prey to psychological unhappiness Or he may become distressed and troubled by the ongoing difficulties he faces in this world Temperament is often a result of environmental influences Each of us is affected by the world around us in different ways But we shouldn't allow ourselves to succumb to depression because of external circumstances And why should we bear the burden of the troubling influences of our surroundings?

Some people resort to displaying negative emotions to avoid confronting a problem or situation However, these negative behaviors are neither an escape nor an emotional safety net It's natural to temporarily succumb to sadness and

melancholy from time to time, but these feelings shouldn't be allowed to control you

Every personality trait has a specific underlying cause To eliminate a trait, its cause must be addressed It's essential to pause and reflect daily, examining your thoughts and motivations to understand your personality and learn the right way to deal with and correct it if it's harmful You might find yourself in a state of apathy, unwilling to consider any suggestions from others In this situation, it's crucial to make a conscious effort to cultivate positive and engaging experiences Beware of apathy, which hinders progress and paralyzes willpower

Or a person may be discouraged and disheartened by illness, believing they are incapable of regaining their health In this case, the principles of healthy living should be employed to create a healthy and productive life based on moral and ethical foundations Furthermore, one should turn to God Almighty in prayer to cultivate greater faith in His healing power

If a person has convinced himself that he is a failure and cannot succeed at anything, then the problem should be analyzed and it should be made clear whether he has made every effort required

God manages the entire universe, down to the smallest and most minute details, and humankind is created in His image Therefore, we cannot make excuses or justifications for failure Do not fear work, no matter how arduous, because work "strengthens" the body and harms no one

However, one must learn to work and think calmly When you are both energetic and calm, you can accomplish what you want, because your mind is clear

In addition to not putting in the necessary effort to succeed, most people are also mentally inactive They spend a great deal of time not thinking Some consider this rest and relaxation But in true relaxation, the mind is both active and calm In those quiet moments, one might think of God, a beautiful view, or a pleasurable experience Positive, calm mental work is refreshing and invigorating Yet, many people confuse creative effort with stress and work in a tense, nervous state

Creative thinking is the best antidote to unhealthy temperaments These temperaments take hold of consciousness when a person is in a negative or agitated state When the mind is devoid of positive thoughts, its owner becomes depressed and burdened with worries And with depression and worry comes the devil, who takes up residence in that person's thoughts and exerts complete control over the host!

Therefore, my friend, work on developing creative ideas When you are not engaged in physical work, do something creative in your mind Keep it occupied so that there is no time left to dwell on stress and anxiety

Creative thinking is astonishing and wonderful, like living in another world Everyone should cultivate this ability I rarely think through a single

word of my lectures—and this is one of them—before delivering them But as soon as I delve into the subject, my soul begins to speak to me of wondrous things When you think creatively, you don't feel the body or troubled emotions, because in those moments you are in harmony with the divine spirit

Our intelligence is shaped by the image of the divine, creative intelligence through which all things are possible If we do not live in that awareness, we become a bundle of complex traits Through positive, creative thinking, we overcome those traits Furthermore, through creative thinking, we find answers and solutions to all our own questions and the questions and problems of others

Bad tempers are like cancer, gnawing away at inner peace This is precisely why those with harsh tempers are unable to escape their difficulties and troubles

No matter how dire a person's circumstances, they should not succumb to despair They can triumph in their thoughts When a person with a volatile temper fails, they throw up their hands and admit defeat But the one who keeps their mind unbroken is the true victor in the battle of life, even if the world around them is raging like a volcano

Does a person want to be imprisoned or free? When they restrict themselves too tightly with their temperament, they become incapable of continuing to confront life's challenges Once they

allow negative moods to cloud their mind, their willpower weakens and their resolve falters Temperamental tendencies shroud the brain in a fog of confusion and bewilderment, impairing sound judgment and rendering all efforts futile

One can overcome their temper, however harsh and unpleasant it may seem First, they must resolve that they will no longer be sullen and grumpy And if a mood swing does occur despite their resolve, they should analyze it to understand how it crept in and do something constructive about it

Furthermore, nothing should be done carelessly, but rather with careful and deep mental focus We must engage in creative activities because God has endowed us with limitless potential What justification is there for surrendering to psychological failure by indulging in debilitating and unhealthy thoughts? One must free oneself from destructive psychological states that act as brakes on the wheels of true progress Unless the wheels are freed from the clutching brakes, movement and progress are impossible Remind yourself each morning that God is with you, and whatever your difficulties, you have the power to overcome them You are the rightful heir to the powers of the Supreme Spirit, and therefore, you are stronger than circumstances and greater than events

A bright, intelligent boy doesn't enjoy tackling easy problems; he relishes the difficult ones But many people are intimidated by life's challenges I

have never been afraid of them, because I have always prayed, "My God, increase Your strength within me Keep me in a positive mindset so that, with Your help, I may always be able to overcome my difficulties"

Think constructively about a problem until you can think no more When I am dealing with a problem, I go to the furthest extent to cover all possible steps to solve it, until I can honestly and sincerely say: "I have done my best and this is all I can do" Then I forget about the problem

A person who dwells on problems becomes irritable and easily upset Avoid this When a problem arises, instead of focusing on it, think of every possible way to resolve it If you find yourself unable to think clearly, compare your worries to similar problems faced by others and learn from their experiences to identify the paths to failure and those to success Choose the steps that seem most logical and realistic, and commit to implementing them The entire library of the universe is stored within you Everything you want to know is already there To reveal this, you simply need to think creatively and innovatively

A harsh temper dulls understanding and hardens feelings, making it impossible for a person to get along with others Home life should be a sanctuary, but harsh tempers turn it into a tragic hell A husband comes home to find his wife in a depressed mood, making it impossible to communicate with her Or he might return in a foul mood, making it impossible to reason with him

Many troubles befall people because of harsh tempers When a family member is seething with anger or indifferent, you are immediately affected by their temper Or perhaps you visit someone full of joy, only to find them argumentative and hurtful, instantly turning your happiness to tears and making you want to retaliate in kind Don't let the tempers of others harm you

It's easy to seek revenge, but offering love is the best way to soothe the anger of others and avert their harm That love must be pure, for when it springs from the heart, it has a magical effect

We must not dwell on the consequences, even if our love is met with indifference Love is stronger than hate, and its effect is powerful and astonishing

Do you know that a magnificent garden lies within your soul? A wondrous garden of thoughts, fragrant with love, kindness, understanding, and peace—a garden whose beauty and delight surpass all earthly flowers and fragrant herbs You create a fragrant flower whenever someone misunderstands you in a fit of anger, and you consistently offer love Is not the fragrance of that love and understanding more enduring and pure than any natural rose? Therefore, always remember that your mind is a garden, and keep it beautiful and fragrant with pure, sacred thoughts Do not allow it to become a muddy swamp teeming with the vile traits of hatred If you cultivate flowers of peace and love, imbued with heavenly fragrance, the bee of spiritual awareness will be

drawn to your garden Just as the bee seeks only flowers that exude the sweetest honey, so too will God visit you when your life is filled with sweet, rosy thoughts Resolve that you will not allow the harmful, putrid weeds of evil and anger to grow in the garden of your good spiritual qualities The more you cultivate the sacred qualities that are like blooming flowers, the more God will reveal His holy presence within you

Eastern wisdom texts say that the person who is calm and composed in the face of both friend and foe, unaffected by the duality of warmth and cold, pleasure and pain, is very dear to God By consistently offering love to those with harsh and cruel natures, peace to those troubled by fears and burdened by worries, sweetness to those with bitter tempers, joy to those burdened with misery and wretchedness, and by setting an example for those straying down the paths of error and sin, you overcome negative traits by keeping your mind engaged in beneficial and creative pursuits

I often say, "If you read for one hour, write for two hours; if you write for two hours, think for three hours; if you think for three hours, meditate all the time"

God is the source of all happiness, and it is possible to reach Him in our daily lives But man often occupies himself with things that lead to unhappiness Meditation is the best way to eliminate bad habits and live in a wondrous world —a world like the one that great sage realized when he said, "O Lord, I was singing Your blessed

name and I lost myself in You When I returned to this awareness, I found that I had left my old body to find myself in a new body that You gave me!"

There is a similar story in India about another saint A young man had just died and his body was being taken to the pyre As the mourners were about to light the fire, an old man suddenly appeared, running and shouting, "Stop! Don't light the fire! I will use that body!" As soon as he spoke these words, the old man's body fell to the ground dead, while the young man rose from the pile of kindling and hurried toward the forest The old man was a great saint and did not want to interrupt his worship by returning to life in the lifeless body of a newborn, so he decided to use the young man's body to continue his spiritual practices

There are many amazing things about life and death waiting to be discovered Meditation is the way We must live in harmony with our divine nature and in accord with God Death terrifies humanity because it has kept God out of our lives

All painful things fill us with terror and dread because we love the world without understanding its meaning and purpose But when we see God in everything, fear vanishes We are always "born" in life and in death as well In truth, death is a misnomer because there is no such thing as death When life grows weary, we shed the thick cloak of flesh and return to the gentle, ethereal world

Death means an end A carriage with broken parts is a dead carriage because it has reached its end But the immortal soul cannot perish Every

night, while we sleep, the soul lives in the etheric body, unaware of the physical body If the loss of physical consciousness meant death, the soul would die when we sleep But we do not die when we sleep, nor do we lose consciousness entirely, because upon waking, we remember whether our sleep was peaceful or uncomfortable Similarly, we do not die after death

Those who allow their minds to become rigid are truly dead To solve the mystery of life, you must be reborn every day This means striving daily to improve yourself in some way Above all, we must pray to God to grant us wisdom, for with wisdom comes everything

Understanding, creative thinking, and constructive, beneficial actions must be cultivated to improve ourselves and benefit others Everyone who aspires to enter the Kingdom of God must help others daily to the best of their ability By following this path, one will experience a vibrant joy that dispels undesirable traits This joy is also an unerring indicator of mental, physical, and spiritual progress Higher levels will undoubtedly be attained, for this is the path that leads to the Kingdom of God

Every effort must be made to overcome temperament, because as soon as one feels depressed and grumpy, one sows the seeds of error in the soil of oneself

Indulging in malicious habits is a gradual death But striving to feel cheerful and optimistic every day, despite all the troubling and distressing

trials, signifies a glorious rebirth Unless this human rebirth transforms into a sublime spiritual rebirth, it is impossible for a person to be renewed; they will remain stagnant

Temperament is contagious And during times of worry and depression, it can negatively affect large segments of the population One shouldn't take life's unfortunate events too seriously It's better to laugh a little than to grieve and lament every misfortune that may come your way

It is wonderful to be optimistic and always try to smile

When a person displays courage, joy, or any of the positive qualities, he is reborn, meaning that his consciousness is renewed by showing his true spiritual nature

And that is the new spiritual birth that qualifies us to see and enter the Kingdom of Heaven

Peace be upon you

Friendship: Foundations and Endurance

Friendship is the highest human expression of God's desire to show His love for humanity

God bestows compassion and tenderness upon the newborn through the father and mother Their feelings toward the infant are innate and instinctive, for God has decreed that our parents cannot help but love us Friendship, then, comes to us as a pure expression of God's unconditional love for us

Two strangers meet, and with an immediate and heartfelt desire, they want to help one another

Have you ever analyzed this phenomenon? This spontaneous, mutual desire for companionship stems directly from the sacred law of attraction Acts of mutual and strengthened friendship between two souls from past lives gradually create a spiritual bond that irresistibly draws them together in this life—wherever they may be

Unless this impulse is tainted by selfishness and attraction to the opposite sex, it is pure and untainted But unfortunately, it is often marred by impure considerations

Friendship blossoms and flourishes like a dewy flower on the tree of our emotional feelings, and it is defiled by corrupt and hateful desires and selfish, monopolistic behaviors

If you apply a different type of fertilizer to the roots of a tree, the fruit will be meager and stunted Similarly, when someone nourishes the tree of friendship with selfish feelings, their unworthy motives distort and spoil the fruits of that friendship Being interested in someone simply because they are rich or influential and can do something for us cannot be called friendship Likewise, being attracted to someone because of their beautiful face is not friendship When that face loses its youthful, captivating charm, the "friendship" will evaporate and become a thing of the past

It's true that friendship is hard to find everywhere Some people you see every day and never really know Others you feel you know intimately even though you've never met them

One must learn and cultivate that accurate inner intuition

Keep your eyes open wherever you are, and if you feel a genuine emotional attraction towards someone, you should strengthen the friendship with that person because they were a friend of yours from a previous life

There are many friends we've known from past lives, but those friendships didn't mature or reach their full potential It's better to build on existing foundations rather than digging on the sands of fleeting acquaintances It's easy to think you have many friends until they cause you pain or harm, leaving you with bitter disappointment

(Associate with people distinguished by their intelligence, and choose your friend from among those with good morals)

Many people make the mistake of choosing friends because they are deceived by superficial appearances The only way to distinguish true friends is to reflect and ask God to unite you with them You must strive to find companions in a pure and holy way This means purifying your consciousness of all thoughts about physical beauty or any other appearances that you consider essential factors determining your feelings toward others If you do this, one day, by God's grace, you will be able to find sincere friends around you wherever you are, and God will also reunite you, even if only spiritually, with friends far away, because pure feelings are not subject to the laws of matter and are not bound by time and space

You will feel God's love through those humble human means that do not resist Him but allow His love to flow through them pure and clear From the pure of heart come the blessings of holy friendship to you and shine their light upon you

It is impossible to attract true friends unless one's character is cleansed of selfishness and undesirable traits The greatest art of friendship and companionship is to act with nobility and respect It means being spiritual, pure in motives and intentions, selfless, free from illusions and delusions, and embarking on building the great edifice of friendship upon the foundations laid long ago

By your life, nothing in all of life is

My eyes are gladdened by a friend who agrees

And every friend whose affection is not for the sake of God

I am not confident in his affection

Friendship and affection should be present in all human relationships: between parents and children, between husbands and wives, between men and men, between women and women, and between men and women as brothers and sisters It is pure and free from constraints and conditions When you feel the desire to be with others, what you feel is the presence of God

Friendship is a divine motivation God does not only care for His human children through parents and a few relatives; He also provides friends to

give us opportunities to express pure and sincere love from the depths of our hearts

The fewer human flaws and the more virtuous qualities a person possesses, the more friends they will have Prophets and great figures were friends to all, and to be like them, we must purify our love from the taint of selfishness

When we can convince others of our affection

And when we become certain through the trials of time and other tests

Someone truly loves us from the bottom of their heart

And we feel the same way towards that person

Not for personal gain, but simply to feel the pulse of friendship

We see the reflection of God and we feel the presence of God

And we hear the voice of God in that blessed friendship

We must not allow our affection to remain confined to one person, but rather we should strengthen the foundations of this sacred affection in others of noble ideals

If you try – may God protect you – to build a friendship with someone of ill intent, you will be disappointed Befriend good people first, and then continue to spread feelings of friendliness to others until you feel affection towards everyone and can say, "I am a friend to everyone"

The great prophets felt love towards others, so they forgave beautifully and urged people to

forgive offenses and to refrain from retaliating in kind

True friendship is a sacred love because it is honest, pure, genuine, and lasting

One spiritual philosopher described friendship beautifully when he said:

"The most sublime covenant we can make with our friends is to say: Let truth be between us forever How beautiful it is to say about so-and-so: It is not necessary for me to meet him, talk to him, or write to him to prove my friendship to him and we do not need to send gifts to confirm our friendship and remember each other for I trust him and rely on him as I rely on myself wherever he is and however he is"

We can speak freely and openly with our friends without them misunderstanding us But friendship cannot grow and flourish as long as there is any hint, statement, or demand from one to the other

Friendship can only be built on the foundations of freedom and spiritual equality Therefore, we must treat everyone according to that blessed light, recognizing that every human being is made in the image of God If you mistreat someone, you will never experience the sweetness of their friendship

There are many who walk the paths of life without friends I can't imagine how they can continue on their journey

True friends rarely misunderstand us And if they do, it's only for a short time If someone

betrays your trust and loyalty, continue to give them your love and understanding as if nothing happened, just as you hope to receive understanding and love from others

But if that person continues to behave in a way that indicates contempt and hatred towards you, and continues to slap the hand of friendship extended towards him, then it is better to withdraw your hand until he corrects his behavior and becomes worthy of the honor of friendship

Friendship should begin at home If you find someone in your family who is particularly compatible with you, work on cultivating that bond first Then, if you feel drawn to someone among your acquaintances who shares similar values, try to strengthen that friendship

All selfish desires and lustful feelings among friends must be eliminated Friendly relationships with good people should be strengthened The more you reflect, the more you will recognize friends from your past Reflection awakens dormant memories of friends you knew and loved in your distant past

There are many people whom I first saw in a spiritual vision and then met later

Friendship is a great cosmic force When your desire for friendship is strong, and even if there is a stranger who is spiritually in tune with you, even at the South Pole, the magnetism of friendship will somehow bring you closer together

Selfishness alone has the power to destroy the magnet of unity within us

He who thinks only of himself undermines the foundations of friendship and tampers with its sacred values

These people are incapable of attracting friends because they are unable to expand their horizons and embrace life's blessings God has blessed you with a family, my friend, so that you may first learn how to love others and then extend that same love to all

Our loved ones are taken from us through death and other circumstances, so that we may learn not only to love people in human relationships, but to love love itself—that love which is God, present behind all human masks And with divine love, we will be able to love everyone as different manifestations of the Lord of the Universe

Friendship means investing our love without self-interest In marriage, there is sexual obligation, and in family life, there are inherited instincts But in friendship, there is no obligation or compulsion, no place for coercion or duress of any kind Rather, it is a spontaneous affection that springs from the heart and is not bound by conditions except for the condition of loyalty, without which no friendship can endure This condition is the responsibility of both friends, for it takes two to tango!

Let us give our love to everyone Let us pray that we may meet our friends from the past, and strengthen our friendship with them so that we may finally understand and be worthy of God's friendship

Unless we love God’s children through a spirit of affection and harmony, we will not be able to feel the love of the Lord of mankind

I don't know a stranger And what great happiness and joy!

Even someone who considers himself my enemy cannot make me feel that I hate him

When that awakening comes, you feel everyone's love

The love you feel towards God's creatures never dies forever but it grows and increases until you feel in the love of friends the divine love emanating from the heart of God in heaven

Peace be upon you, our dear friends

Memory development

Humans are unique beings thanks to the faculty of memory, which distinguishes them from all other creatures Every soul yearns to seek its divine origin spontaneously through the unconscious remembrance of its sacred source This explains the gradual evolution of everything in the universe In accordance with the divine plan, every soul, upon acquiring a human body—including a developed brain and nervous system—finally possesses the means to consciously remember its essential unity with the divine

Memory is the ability by which we mentally recall our experiences; without it, we would forget our understanding of life and would have to start anew each day, just like young children A person

who has lost their mind and consequently their memory behaves like a child

There is no value or importance in taking exams if we cannot remember and relive them We learn by examining our thoughts, feelings, and motivations, and by analyzing our past actions A person's worth and importance lie in a sound memory

“Sami,” for example, remembers that he is Sami every morning when he wakes up, and through remembering, he connects his life experiences with the name Sami

When we want to recall a past experience, or when we need it again, we can retrieve it through our subconscious mind By remembering what we did or what happened to us previously, we can accomplish any task requiring a skill that we have learned or practiced before We can also distinguish between what we should do and what we should avoid, depending on the situation

The subconscious mind is ever-vigilant, recording all of a person's experiences during the day and continuing its work even during sleep, watching over the body like a night watchman Upon waking, a person always knows whether their sleep was peaceful and restful or not The power of the subconscious mind's memory is one of the abilities of the ever-vigilant and blessed divine consciousness

The seed of that awareness is planted in every soul, for the soul, by its very nature, understands that it lives eternally in God Memory is the seed of

eternity; if we nurture and develop it, we can remember all the events of this life and our past lives as well

As humans, we can remember all the trials we have faced in this life So why can't we remember all the spiritual trials our souls have faced?

Memory has two natures: human memory, which recalls all the experiences of this life, and sacred memory, which recalls the experiences of the soul through all its incarnations Most people are only familiar with human memory

But why is our sacred memory lying dormant and stagnant, lost in a deep slumber?

Some people have the ability to recall a wide range of experiences: human and spiritual Others cannot clearly recall even their most recent experiences

Memory has levels and degrees according to the mind's capacity for comprehension Education, mental focus, reflection, and all memorable experiences are essential for developing a good memory Without developing memory, a person cannot acquire a rich and comprehensive understanding If someone takes a test and then forgets it, they lose the value and importance of that test

By improving the quality of our memory, we can strengthen it to the point where we can remember everything, including our heavenly origin And by awakening our sacred memory—so that we can recall all the experiences of our past

incarnations, as well as our immortal spiritual nature—we attain immortality

Proper posture and appropriate physical exercises are beneficial for developing memory strength In this era, where manual labor has been replaced by machines in various jobs and aspects of life, people have become sedentary and in dire need of regular exercise Therefore, automated means of exercise have been developed for use in homes and buildings

When exercising, it's essential to focus your mind on vital energy to reap the greatest benefits It's not enough to simply stretch and tense your muscles; you must awaken and direct the life force that provides your body with strength and vitality

There are certain foods beneficial for the brain, others for the muscles and nerves, and still others for physical development and the maintenance of various organs and parts of the body To enhance memory, one should consume foods that boost brainpower For example, eating ground walnuts and almonds mixed with a few drops of lime or orange juice before bed can improve memory

Yogis also say that milk and cheese are brain-boosting foods They suggest that during times of fatigue and anxiety, one should drink a mixture of the juice of one or two limes in a glass of water, wash their head with cold water, and also pour it over their temples, between their eyebrows, on their nostrils, and in their ears As a result, the

nerves relax, the mind calms, and good memory is awakened

Excessive consumption of fatty foods should be avoided, as this can cause fatty deposits to form and clump together in the blood vessels on the surface of the brain

Indian spiritualists say that pork and beef are harmful to human health These two types of meat contain high levels of uric acid Furthermore, both pork and beef are said to have poor memory Consuming their meat, they claim, may actually enhance one's physical and mental abilities

Memory can be improved through practice It is incorrect to say that a man who is physically weak from birth can never become strong There are always possibilities and potential to achieve great things in all aspects of life

We must know how to search for the right path and the correct way

Some doctors say that a person with a hereditary mental disability will remain so for life However, it has been shown that many mental impairments can be overcome through mental concentration exercises Research in this area has been limited in the West, and therefore many psychologists are not well-versed in the methods of deep concentration taught by the great Indian yogis centuries ago

The correct methods for developing concentration are unknown to most people Mental abilities are already present but underdeveloped Failure to cultivate one's mental capacities and

receptiveness leads to serious problems Like the body, the brain needs proper exercise for health, activity, and vitality

Therefore, developing a good memory requires physical exercise, eating healthy foods, and sound positive thinking

Try to recall specific things and engage in mental visualization Look at something, a scene, or a beautiful view, then try to recreate that image in your mind Trying to remember the melodies of songs and hymns, and mentally singing them, also helps to develop memory

Anything done with deep and attentive awareness will enhance memory

Poetry and music possess a unique emotional quality We all easily recall the most profound sorrows and greatest joys of our lives Why? Because the feeling behind those experiences was intense Anything felt intensely strengthens memory Furthermore, composing poems and mental exercises like addition and subtraction are also excellent methods for developing memory and mental focus

To enhance memory capacity, everything must be done with deep mental focus Most people perform their tasks with a wandering mind, resulting in a vast gap between their actions and thoughts This is why they don't remember anything very well If a person wants to remember something, they must do it with full awareness and consciousness

For those who love God, thinking about their duties while performing them does not prevent them from thinking about God at the same time However, during meditation, one should think only of God It should be noted that memory is strengthened and its capacity for understanding is expanded through meditation

What is meditation? It is union with the universal spirit, transcending all human limitations, and striving to remember that man is spirit, not body When the meditator begins the conscious mental effort to connect himself to the immortal soul instead of the body he inhabits for only one life, he will recall many of his past life experiences and will ultimately remember that he emanated from the heart of God

In God lies the memory of all human life and the life of every individual When one is in harmony with their spiritual self, the bygone eras and forgotten powers of the imperishable divine self will re-emerge in their consciousness Meditation means remembering that one is not a mortal body but an immortal soul: one with God

During the day we tend to think of ourselves as limited human beings, but at night, during deep, dreamless sleep we forget our human condition

Through meditation, we can, by our own effort, escape, even if only temporarily, from earthly attachments We can relinquish physical awareness and remember that we are divine spirits Those who persevere in this practice become masters of themselves and true guides

God gave us memory so that we may create and remember all that is good and noble Misuse of memory causes immense harm to humankind

Someone who harbors resentment and hatred toward another person because of a past hurt is misusing their memory However, there is nothing wrong with recalling unhappy experiences to learn from them In this way, a person analyzes their past actions and avoids repeating the same mistakes that led to bitter and painful consequences

False thoughts should not be revisited, as they will then linger in the mind longer God gave us memory so that we may keep life's lessons and positive experiences alive Past false thoughts should be dispelled by avoiding recalling them If they force their way into the mind, we must refuse to host or welcome them

We reiterate: dwelling on and rehashing bad experiences is a misuse of the memory God has given us Instead, one should resolve to use their memory only for positive thoughts and noble experiences, and to banish all unpleasant and hateful memories from their mind

We must see, hear, taste, touch, feel, and desire all that is good, wholesome, sound, and beneficial And we must preserve happy experiences and trials in the vault of our memory

A person who feels good emotions, thinks noble thoughts, and sees only good in nature and people will remember only the good things

We have been given memory as a sacred gift so that we may practice remembering good things

until we are finally able to remember the greatest good: God

As we observe goodness and righteousness in everything, we will one day find that the hidden divine power will shatter and scatter all the small openings of thoughts, sensations, and feelings through which we only glimpsed flashes of divine beauty and harmony in creation, and through the window of spiritual consciousness we will see total goodness and absolute perfection

We ask God to help us awaken and rekindle the eternal flame of sacred memory until it burns away the darkness of forgetfulness and negligence, so that we may remember that we were and still are one with the spirit of God and His universal love

If you remember God in the morning
At noon and in the evening
You will feel energetic and cheerful
Soar like an eagle in the sky
You will spend your time in comfort
And it is carried like a fragrance upon the air
Your trust in the Creator is the sharpest weapon
Arm yourself with certainty and hope

If you seek God, the source of righteousness
She becomes rich, nay, she becomes the richest of the rich
A proven fact

Master Paramhansa Yogananda

Translation: Mahmoud Abbas Masoud

Don't dismiss my words with skepticism before trying the method for yourselves You may be tired of hearing numerous theories that have no bearing on your lives What I'm saying isn't a theory, but a proven fact, and I'll try to give you an idea of what can actually be tested

I was fortunate enough to learn this scientific truth from one of India's great sages many years ago You may wonder why I am encouraging you and drawing your attention to these facts Do I have any selfish motives? My answer is absolutely not All I want is to present these truths to you, hoping in return to receive pure joy for helping you find your happiness in practicing them and experiencing their bliss

Now I must draw on some aspects of physiology to at least gain a general understanding of the process I will refer to the workings of the main centers or axes and the electrical current that flows from the brain—through these centers—to the external and internal sensory organs, keeping them alive and vibrant

There are six main centers through which the vital current, or life electricity, is transmitted to the entire nervous system These centers are:

1 Medulla Center

2 Cervical Center

3 Dorsal Center

4 Lumbar Center

5 Sacral Center

6 Coccygeal Center

The brain is the supreme electrical distributor (the higher center), and all centers are connected to each other and operate under the influence of the supreme center (brain cells) Brain cells send the vital current (or electricity) through these centers or vertebral axons, which in turn discharge their electrical charge into the afferent and transmitting nerves that take over the functions of sensory impulses and sensations of touch and sight, etc

This electrical current emitted by the brain is the lifeblood of the physical body (including its internal and external organs) Through this electrical medium, sensory information is transmitted to the brain, triggering the processing of thoughts

If the soul wishes to stop the flow of disturbing reports of bodily sensations (which help in the

emergence of interconnected thought loops), it must control the electrical current and reverse its flow from the entire nervous system to the seven main centers (including the brain), so that in this way it can give the external and internal organs complete rest

During sleep, the electrical connections between the brain and the sensory organs are partially interrupted, preventing normal sensations like hearing and touch from reaching the brain Because this interruption is incomplete, any sufficiently strong external stimulus can re-establish this electrical connection, allowing the stimulus to reach the brain and awaken the person However, during sleep, a continuous electrical current flows to the internal organs—the heart, lungs, and others—keeping them alive and functioning

Because the body's electrical activity during sleep is not fully controlled, physical sensations such as discomfort, illness, and strong external stimuli can disturb the sleeper However, by using a scientifically sound method, we can simultaneously and completely control both internal and external bodily functions—this is the pinnacle of practice But achieving complete control may require many years of dedicated practice

Just as the external organs are refreshed after sleep, which is a rest for the body, so too are the internal organs greatly refreshed as a result of

practicing this scientific method, and their strength increases, which helps to prolong life

Just as we do not fear sleep lest our senses remain dormant and incapable of functioning, so too should we not hesitate to practice conscious death, that is, to give rest to our internal organs Then death will be under our control, so that when we find this physical house has become dilapidated and uninhabitable, we can leave it willingly and with full awareness "The last enemy to be vanquished is death"

We can illustrate this method with the following example:

If the main telephone exchange in a city is wired to different parts of the city, callers in those parts can connect continuously to the central exchange via the electrical current flowing through the wires, regardless of the exchange's management or control However, if the main telephone exchange wishes to disconnect the various exchanges, it can switch off the main electrical switch, thus stopping the flow of electricity to the different parts of the city

Similarly, the scientific method provides us with the necessary process to draw the vital current—distributed throughout our bodies—to our central regions, namely the spine and brain The method works by magnetizing the spine and brain, which contain the seven main energy centers As a result, the life force distributed throughout the

body is drawn and transmitted via the spine to the brain Upon reaching the brain, we sense and experience it as light In this state, the spiritual self is able to liberate itself from physical and mental distractions

The spiritual self is disturbed by the incoming telephone reports—against its will—from two classes of "people": a high class (thoughts) and a low class (physical sensations) In order to sever ties with these two classes, it must draw the electricity flowing through the telephone wires to the central battery by switching off the electrical switch (ie, by practicing meditation) so that it can enjoy peace and freedom

Attention is the primary director and distributor of energy, responsible for transmitting the vital electrical current from the brain to the sensory and motor nerves For example, when we shoo away an annoying fly, we use the power of attention to send an electrical current to the motor nerves, resulting in the desired hand movement I mention this to give an idea of the power of attention, by which the electrical current within the body can be controlled and directed to the aforementioned centers

Here I would like to describe the states that follow complete control of the bioelectric current Initially, the person experiences a very attractive sensation due to the magnetization of the spine However, continuous and prolonged practice will

bring about a state of conscious bliss that negates the arousal in the bodily consciousness

We have described this blissful state as our ultimate goal and universal necessity, for in it we experience true awareness of God or bliss and feel an expansion of our consciousness The more we experience this state, the more our individuality (our small self or ego) diminishes and dissolves, and the more rapidly we draw closer to cosmic consciousness and become intimately and directly connected with God

Religion, in truth, is nothing other than the annihilation of our individual selves within our cosmic consciousness Therefore, in this blissful state, we ascend the ladder of faith, leaving behind the stifling atmosphere of the senses and the turmoil of thought, and entering the realms of divine bliss

Through this method we realize cosmic truths, and when this blessed state becomes real - through continuous practice - we find ourselves constantly in the presence of the blessed Lord within us, and we perform our duties in a better way without looking at the fruits of the work, so we care more about the duties than about our self (the ego) and the sensations of pleasure and pain that that ego produces

In the teachings of all religions—Christianity, Islam, and Hinduism—there is a fundamental truth: unless a person recognizes their essence as a spirit

—the source of bliss—they will remain bound by limited thinking and subject to the unyielding and unforgiving laws of nature Knowing their true nature brings eternal freedom We cannot know God except by knowing ourselves, for the essence of our nature is similar to His Human beings were created in God's image Through the diligent and sincere practice of true scientific meditation, you will come to know yourself—that is, you will realize you are a blessed spirit—and you will come to know God

Spiritual meditation methods encompass all the necessary means to know God They do not focus on differences in religions and beliefs because some of these differences create confusion in people's thinking

The superiority of scientific meditation over other methods lies in its close connection and direct action with the very thing that binds us to our limited selves: life energy Instead of redirecting this energy, that is, channeling it inward and integrating it into the expanding and expansive powers of the spirit, it flows outward, keeping the body and mind in constant motion, causing disturbances to the spiritual self in the form of physical sensations and fleeting thoughts

Because life energy flows outward, sensations and thoughts distort the image of the pure, tranquil soul This method teaches us how to direct life energy inward Therefore, it is a direct and immediate method, taking us directly to the

consciousness of the soul: to the blessed consciousness of God, without the need for any other medium

This method is to adjust and direct the flow of life energy by adjusting and regulating one of the known manifestations that is directly related to life energy itself

It is worth noting that all religious paths in the world recommend using a direct or indirect method, hint or explicit, to control the flow of life energy and reverse its direction so that we transcend the body and mind and come to know the soul by knowing the essence of its nature and the nature of its essence

The presence of life in a human being is survival, and its absence is annihilation Therefore, the method that guides one to directly control life is the best method

The wise men of different generations and countries have recommended methods that suited the minds and circumstances of the people among whom they lived Some emphasized prayer, some feelings, some actions, some love, and others reason or thought and contemplation But their motivations were the same

They all affirmed the necessity of transcending physical consciousness by reversing the flow of life energy so that it flows inward They also asserted the necessity of self-knowledge and its emergence

from behind veils, just as the sun's image appears clearly and distinctly in still, calm water They all emphasized the validity and effectiveness of the meditative method, without the need for any other intermediary

It should also be noted that practicing this method does not hinder the development of mental or physical strengths, just as it does not stand as a barrier to beneficial social activities directed by the most delicate and refined feelings and noblest motives dedicated to serving humanity

In fact, we advocate and recommend the holistic development of the individual, because this development inevitably facilitates the practice of this path rather than hindering it The only requirement is to understand and diligently practice the path, and all actions and aspirations will then be in the seeker's best interest

The essential point in this method is the correct understanding of the life energy that sustains the human body and keeps it vibrant and energetic

Brief affirmations of healing

O Lord, Your blessed light shines from the prophets, saints, and sages of all religions, and from me as well This holy light is present in every cell and tissue of my body, and by Your grace I am healthy and well

O conscious cosmic activity

You are alive within me!

Solid, liquid, and gaseous foods are transformed by the power of God into living energy

To support my body

O Lord, the cells of my body are made of light

It is of your essence, for you are the spirit of perfection

She is safe then, because you are the source of healing

Its essence is spirit, and you are the spirit in the vast universe

And it is eternal because you are the origin of existence

Because you are the meaning of eternity

I feel renewed, strong, and energetic

Your activity is overflowing with life

And my body is flowing through it

The healing power of the spirit

I was created a light

From the pure essence of God

I always feel healthy

Because it is within me

His strength is there

In every part of the body

The stomach is strong because it contains His light

The Healer of all ailments!

I know for certain that all diseases, in their various forms, are caused by

Regarding the disregard for health regulations I will eliminate the disease with healthy food

Proper exercise, sound thinking, and good intentions

O Lord, Your light is present in every atom of my body

In every one of my cells

In every blood cell,

And every nerve in my body

In my brain and tissues

Therefore, I am in good health and well-being

Because you live in me, and you are the healing power

God’s light and well-being permeate the dark corners of my physical ailments

His healing light shines in every cell of my body

So it is sound because it contains His light

Likewise, His perfection

Special emphasis on the power of thought

I think and I know that my activity is starting

From the brain to the body

The spray of light rushes forth

From the roots of my tissues

And it flows from my brain

To the cells and nerves

And in the paragraphs he begins

The flow of healing power

From the spine

As foam or as sprays

To nourish the body's cells

Pure wellness!

O Lord, I worship You

In everything good

And I see your righteousness

In every bright idea

Your absolute power the cure for every ailment

It is present within me, so I do not feel tired

May your healing light shine forth

From the darkness of profound ignorance

Wherever there is light, there is perfection and purity

In feeling, will, and thought

Direct my feelings, then, along with my will and thoughts

So that I may follow guidance with wisdom and sound judgment

Every day I will seek joy of the soul within myself

Not through pleasures

God watches over my thoughts and guides them to

The world of security and prospects for peace

I will cleanse my mind of all fears

Knowing that God supports and guides me

He makes my path easy

And He makes things easy for me

In every situation and field

My absolute trust in God is the cure

And I have benefit and healing from it

Peace be upon you

Wisdom and spiritual insights

One must be one's own master and act accordingly, driven not by routine and whims but by free will and wisdom

It is the right and ability of man to create his own paradise and enjoy it because he possesses all the means to achieve this, for God has given him the ability to direct his mind towards Him and to get to know Him

The greatest thing in life is to live in the stronghold of your clear and peaceful conscience

By focusing one's mind on God and praying from the heart, one can experience His blessed presence

* * *

emphasis:

God's light fills me and shines through me, eradicating all illness and granting me health and well-being His divine light shines in every cell of my body, and therefore my body is healthy and I am well

* * *

On that day when you remember your heavenly origin, your consciousness will be reborn in the great divine house of the Spirit

It seems that the human mind and will are buried beneath the soil of ignorance Unless the gold of wisdom is extracted [from the mine of the soul], melted, and shaped into sharp psychological tools, it is impossible to cut down and eradicate the plant of evil growing in the garden of human consciousness

The majestic and magnificent mountains, the wondrous mechanics of the human body, the fresh and vibrant roses and flowers, the green carpet of grass, the greatness of noble souls, and the sublimity of refined thoughts

And the depth of love, all of this reminds us of God, who is the source of all nobility, greatness, and beauty

* * *

Focusing the mind is the key to awakening and activating the latent power within a person Focus means concentrating thought on a single point The primary cause of many failures is a lack of focus Attention can be likened to a flashlight; when its beam spreads over a wide area, its intensity weakens But that beam becomes strong and clear when focused on a specific point Those with

exceptional minds are highly focused, possessing the ability to concentrate all their mental energy on one thing at a time

* * *

True love—love of the heart and soul—is divine love This divine love seeks to manifest itself through the hearts and souls of humankind

There are waves so far away on the ocean's surface that they never break upon the shore And there are thoughts in the sanctuary of silence too profound for the heart to utter

Understanding is the balance between a calm mind and a clear conscience

The art of working properly lies in being able to work slowly or quickly without losing your inner peace

We cannot learn something we do not know unless we have something else to compare it to Thus, God teaches humankind divine love through the perfect medium of human love

Always point the compass needle of your attention towards the magnetic north of spiritual joy, and then no one will be able to disturb your balance

Strengthen your faith in God and trust that the One who created you will provide for you and protect you

He who walks uprightly loves God and is loved by God, regardless of whether he works in the natural jungle or the jungle of modern civilization, for problems, difficulties, trials, and tribulations exist in both The former contains ferocious beasts, while the latter presents fears no less fierce, manifested in a violent struggle against unbridled desires and raging passions Only when a person subdues his passions to his will does he taste true happiness

Sometimes you might have a feeling that a friend is coming to visit, even though there's no indication of their visit They haven't told you they're coming, yet you have a strong feeling that you'll see them, and then, as evening falls, they knock on your door! Or sometimes you feel all day that something good or bad is about to happen, and when it does, you're surprised to find that your intuition was correct These are some examples of intuition (inner sense) and how it works independently of evidence and clues

God has given us a soul, a mind, and a body, and we must cultivate these gifts in a harmonious

and balanced way We must not allow ourselves to become slaves to our environment or prisoners of habit Spiritually developed parents can help the world by raising children with spiritual dispositions and by leading a moderate lifestyle characterized by reflection and self-discipline

Every noble thought that stirs within you draws you closer to God These thoughts are like a river flowing into the sea of the divine spirit

Every day should be a day of thanks and gratitude for the blessings of life from the sunshine, water, and good vegetables and fruits, which are indirect gifts from the Greatest Giver

Pure love, divine love, removes the barriers between man and his Creator

Friendships are corrupted and love between people fades due to the poisonous elements of possessiveness, selfishness, mechanical family relationships, sexual obsession, material attachments, emotional outbursts, and utilitarian exchanges, because fleeting bonds are followed by sudden hatred, leading to the death of human love But within the heart of every human being lies an eternal, divine love that may remain dormant for a time, but it never truly dies

In the soil of your heart, the seeds of love grow Nurture those seeds and water them with compassion and all-encompassing love

God is love, and love unites us with God If we want to love God, we must not isolate or restrict our love, but rather connect it to divine love

All power and everything in the universe is a product of the divine mind, just as the things you see in a dream are made by your mind

The only way to avoid wrongdoing is to develop sound judgment to recognize wrongdoing and resolve not to do it

One wrong fighting another does not produce a right Ignorance is humanity's true enemy and must be banished from this world

We have everything we need in this world to usher in an age of prosperity, happiness, and perfect justice The only obstacle is human selfishness, which makes this impossible Terrible and unjustifiable suffering is caused by human greed and self-interest, with no regard for others Money that could be used to feed and clothe the needy is instead used for destruction and devastation

The root cause of global problems is this selfishness born of ignorance Everyone thinks they

are doing the right thing, but when they pursue only their own personal goals, they set in motion the karmic law of cause and effect, which will inevitably destroy their own happiness and the happiness of others

The more I witness the world's tragedies caused by human ignorance, the more I realize that happiness is fleeting, even if the streets were paved with gold True happiness lies in making others happy If everyone did this, everyone would be happy, and everyone would receive their share of the earth's bounty

Divine awareness of its heavenly joys and infinite delights is like a magic wand that instantly transforms the cheap metal of ordinary material life into radiant gold of lasting spiritual happiness

Friendship is the universal spiritual attraction that unites souls with the bond of divine love

* * *

umbrella of the soul or tranquility of the soul
When burning worries lose their heat
Tranquility emerges, bringing peace and tranquility
It is the white mast of the boat of life
It is filled with the breeze of lasting happiness, free from excitement

So she gently pushes the boat across the surface of Lake Al-Rida
Tranquility is the river of contentment
Flowing gently towards the sea of tranquility
Isolated from the waves of worries
It is the umbrella of the soul
Spreading above the human mind and heart
To protect the joys of his life, both small and large
From the rains of fear and anxiety
It is the heavenly tone
Emanating from the lyre of life
It is the holy salt
At the table of life
And the spray flying from the waterfalls of achievement
It is a wonderful, serene mood
By which the kingdom of the soul is governed
In harmony and accord
Tranquility is not exclusive to secluded retreats
Nor is there any escape from the commotion and noise
Rather, it comes where hearts welcome it
And she stays where souls find comfort in her
Regardless of time and place
It is a delicate, fragile flower
It cannot tolerate rough touches
Rather, it lives, blossoms, and flourishes
If it is watered with fresh, pure water
Tranquility is a still lake of feeling
Free from the wrinkles of sorrow

She who sheds tears of fear
For the slightest hint of anxiety and distress
When the page of the tranquil soul is covered
A layer of pure, bright white snow:
The snow of tranquility and peace of mind
The storms of fear and the hurricanes of worry will not prevail
Disturbing peace and tranquility
Beneath this hard, shiny layer
For this blessed, radiant glow
* * *

The Castle of Divine Love
When the shells of hatred rain down around you
Take refuge in the fortress of love
And if the bombings of misunderstanding continue
Stay fortified in the caverns of love
Beneath the chambers of pity and sympathy
And if the poisonous vapors of deception try
To stifle the life of your wisdom
Put a mask of pure love around yourself
The fortress of divine love is a safe haven
From the attacks of armies of obsessions and temptations
Dig a trench of loyalty and steadfastness
Fill it with the waters of love
So that selfishness cannot swim across it
To destroy the wisdom of your soul
* * *

Those who meditate experience a wonderful sense of inner peace What we learn in meditation should be applied to our daily activities and conversations, and we should not allow anyone to steal our peace or disturb our tranquility

Unbiased thinking is like a clear, polished mirror, steady and unshaken by hasty judgments

Divine love is a garden of heavenly roses and basil, and of radiant, fresh thoughts It is the source of all pure love that beats in sincere hearts

Be as simple as you can and you'll be amazed at how happy and uncomplicated your life will become

True family happiness is based on understanding and kind words

With deep contemplative immersion, a new dawn of awakening will break forth The fog of silence and mystery that hangs over everything will dissipate and vanish before the light of spiritual awakening and the growing longing for God

In our dealings with others, it is very important to recognize the distinctive traits and noble qualities that they have distilled from their experiences and shaped from their being, and to appreciate those traits

If we study people with open minds, we will be able to understand them and deal with them

comfortably, and we will be able to immediately know the nature of the person we are dealing with

Don't talk to a philosopher about horse racing, nor argue with a scientist about housekeeping Find out what interests the person and captures their attention, and talk to them about that, not necessarily about things that interest you

If we wish to understand others, we must refrain from criticizing and condemning them Instead, we should look in the mirror of our own discernment to see what needs fixing and improvement This inner mirror is very different from the familiar one we look into every morning Every day, I look into this inner mirror, and if I find something I dislike, I reproach myself and strive to correct it In this way, one sees their true reflection in the mirror of their soul and progresses day by day on the path to happiness and inner peace

* * *

O Lord, You are closer to me than my own heartbeat, and I feel Your presence on the verge of my consciousness

When a person fixates on the ocean waves for too long, they neglect to focus on the ocean itself Similarly, when a person focuses on the small wave of their life and becomes completely attached to it, they forget the greater ocean of the soul, of which

their life is but a ripple upon the vast expanse of their heart

Just as electric lamps placed in different locations are lit by a single electric generator, so the lamps of human beings are lit by a single cosmic generator that pumps intelligence into minds and charges bodies with living energy

Every drop of water contributes to the existence of the ocean And although an individual's life may seem like just a tiny drop in the ocean of humanity, the impact of that life can be extremely important and not to be underestimated

raging ocean waves
Solar system vortices
and currents of cosmic forces
and planets floating in space
Like icebergs in the middle of the seas
They all dance on the breast of the eternal movement

A mother filled with tenderness and affection is a symbol of divine compassion

God shows his tenderness in flowers

Establish within yourself a temple of beauty and peace where you can find God in the sanctuary of your soul

In all our harmonious relationships, we must remember that the love of God lies behind every kind heart that beats with love and harmony

* * *

Life lies dormant in the rough earth, dreams of beauty in flowers, awakens powerfully in animals, and in human consciousness realizes its unlimited potential

No doubt can enter the mind about God's existence and nearness when the seeker sees that the entire universe is a manifestation of divine creation Everything emerges from the unseen, remains on this earth for a short time, and then returns to the unseen state upon the end of its earthly life

In every atom of this amazing universe, God is constantly creating wonders and miracles

Victory will always belong to truth and virtue in the end, no matter how long it takes

Do not let suffering and loss weaken your resolve and dampen your spirits One day you will enter the realm of the spirit and experience a joy beyond description and all expectation Through pain, we must learn to empathize with others, to understand their feelings, and to do our utmost to help them

Everything in the physical world shows movement, change, and instability, but the nature of God is calmness, tranquility, and stillness

Deep sincerity is a necessary requirement on the spiritual path, for in the purity of the heart and the clarity of intention the dawn of the soul is born

In the gardens of life, I move joyfully from tree to tree, and I will eventually land, O Lord, on your outstretched hand that welcomes me

* * *

Self-development:

A person should organize their life and read the best books produced by human minds instead of wasting their time on random, pointless readings, and find work that suits them in life and strive to do their work efficiently and effectively

Many people exert great effort in numerous fields with little success Those who wish to develop themselves cannot grasp everything about many things, but they can know a little about everything, and know everything about one thing

Knowledge is a vast ocean, and spiritual wisdom is limitless Although the Earth is a tiny point in the universe, it is enormous in our eyes

Nevertheless, thanks to human progress, our world is becoming smaller due to modern means of transportation and [communication], and soon we will start thinking about traveling to other planets!

One must maintain balance Those who neglect material life by focusing solely on the spiritual aspect are punished by losing their mental equilibrium

Material duties are of great importance and are related to social, national, and international obligations Intellectual duty is superior to material duty, and spiritual and moral duties should be given priority The mind must be freed from petty habits that make a person overly concerned with material matters

Unleash the sources of your genius and latent powers, and smile the smile of inner contentment that no one can take away from you

This world is driven by two forces: the force of good and the force of evil Whoever takes good as their guide and mentor will have good days and a happy life, and whoever allows evil to direct their course and control their impulses will have suffering and misery as their lot

The key word for most people is "me," but spiritual people think of others as they think of themselves

Those who think only of themselves bring upon themselves the enmity and hostility of others, while those who think of others and feel their feelings find that others also tend to think of them and sympathize with them

It is an insult to oneself to be born, live and die without knowing the reason for being brought into this world as a human being in the first place

Forgetting one’s Creator means not realizing the purpose of existence, while thinking about Him and sincerely wanting to feel His presence brings many spiritual gains and blessings over time

Acquiring material possessions and wealth is no guarantee against depression and sorrow A day will come when a person feels helpless and powerless, a plaything in the hands of fate; then they will realize that God alone is their support, their protection, and their safe haven

Every time you feel amazed by a wonderful sight or a strange creature, close your eyes, turn inward, and contemplate its divine source

Man only sees the dense products coming out of the divine factory hidden behind creation, and if he could enter the factory itself, he would see in what amazing way everything in this world comes into existence

* * *

I applied to you

Every morning I offer my body, my mind, and every ability I possess for you, Infinite Creator, to use in whatever way you choose, so that you may express yourself through me

My silent melodies of longing for you will sing to the rhythm of my heartbeats

I realize that all work is your work and that no work is difficult or lowly as long as it is offered to you with friendly service

In spiritual terms, I ask to know Your presence You are the origin and essence of all beings Let me see You in every atom of my being and feel You in every thought I have

O Lord, direct the streams of our joys so that they do not lose themselves in the sands of short-term sensual pleasures

May the small streams of our compassion not dry up in the desolate deserts of selfishness

Let the solitary, isolated channels of our emotions mingle with the boundless lake of your love

May the narrow rivers of our lives be widened by the abundant rains of Your blessings, so that they may cross the wide, spacious plains of

humility, self-sacrifice, and consideration for the feelings of others, so that they may finally enter, in all purity, Your great ocean

Divine consciousness, with its heavenly bliss, is the magical alchemy that instantly transforms the dense lead of unpleasant earthly life into the radiant gold of ever-renewing happiness

When the mud of troubled thoughts begins to settle, the power of God begins to be reflected in the clear, pure waters of consciousness

* * *

The eternal voice addressed me in a soft, low tone, saying:

"I have whispered in your ear all your ages of slumber: 'Awake!' And now you have left your sleep; I say to you: Awaken your brothers Work with me, that all may hear my word"

So I promised, saying:

"I will do my utmost to spread your call and disseminate your message, and when I leave my earthly form, I will borrow your all-present voice to whisper to harmonious hearts:

Listen to his divine hymns of spiritual comfort, for he is always calling out to you

I will wait for all my countless brothers and sisters; as they walk slowly in a long, long procession towards the blessed goal of self-knowledge, and through (Whispers from Eternity) I will whisper to them:

"Awake, my brothers, and let us follow His voice that calls to us without ceasing, and let us return together to the heavenly home"

We must whisper the name of God in our hearts on the rosary of longing and divine love, and that is the true worship that touches the heart of God

To pronounce God's name with a cold heart and a wandering mind is blasphemy and disrespect When one prays, one's heart and mind should be filled with the love of God

* * *

Turning away from the allure of the world and renouncing worldly desires is not a negative state, but a positive one It is nothing but a relinquishment of unhappiness, and nothing but a surrender of misery

Asceticism should not be thought of as a path of sacrifice On the contrary, it is a blessed investment, such that the meager sums we spend on self-discipline will yield millions of spiritual dollars Is it not wise to spend the gold coins of our fleeting days to purchase the kingdom of eternal bliss?

We must immerse ourselves in that pure, profound feeling that stirs and churns within us when we gaze upon the wonders of God's creation This is the way to know God through the lens of beauty

The one who does good deeds, even if only by imitation, has the opportunity to breathe in the refreshing and attractive fragrance of goodness, which motivates him to do more But the one who deliberately commits evil deeds in imitation of

others will inevitably be associated with the unpleasant and repulsive smells of evil

* * *

No one has the same personality as you No one has the same face No one has the same spirit as you God created you uniquely, and no one is like you

A person should extract the essence from the material he reads and derive practical benefit from that material

The Peace product can be manufactured in life experience factories for use in everyday life

Peace is the cure for all psychological ailments Those who possess self-control, whether in eating, behavior, or marital relationships, and who are honest, trustworthy, and frugal, are the ones who enjoy true peace

Peace can be found in harmony with God's laws and the laws of the universe Those who love God, enjoy tranquility, rejoice in doing good, and think and meditate on Him are the ones who find peace

A mother filled with tender feminine feelings is a symbol of divine mercy

The blossoming of divine peace and inner spiritual achievements is a natural fruit of daily meditation and is a happiness deeper and more profound than the treasures and riches of the world

Nothing is sweeter or more delightful than divine presence When you realize this truth, you will be the happiest of the happy and the richest of

the rich Material wealth can only be used here on this earth; it cannot be used in the next world But the gold of divine bliss, extracted from the mines of contemplation, is a blessed and ever-renewing metal, beneficial in both worlds and imperishable forever

* * *

In the awakening of the soul, colors become brighter, sound has a sweeter resonance, sensation is more delicate, the soul feels its expanse in space, the mind becomes aware of the vibrations emanating from others, and the ability to enjoy life increases

* * *

People complain about the idea of giving up certain things in life, yet in reality, they give up many valuable things, not least of which is peace of mind They sometimes even sacrifice themselves for money, which is fleeting and perishable Wealth can be taken from a person, or they can be taken from it, when they depart this world and cannot take it with them The true value of money lies in spending it on beneficial endeavors and in bringing happiness to oneself and others in a way that pleases God and one's conscience

The world is teeming with natural and human storms, and God is the strong shield and safe haven from the storms, hurricanes, and evils of this world

Wherever God is, there is no fear or sorrow The true believer stands firm and proud in the battle of life and the struggle of events, certain

that God is with him, protecting him from harm and never abandoning him for a single moment Thus, fear vanishes from his heart and certainty takes hold, a protection that cannot be imposed

* * *

If you want his response:
Whether he responded or not
Continue calling out to him
Continue your supplications in the sanctuary of continuous prayers
Whether he comes or not,
Trust that He is getting closer and closer to you
With every longing of your heart
Whether he fulfills your request or not,
Continue to show affection towards him
Even if he doesn't respond
Just the way you'd expect,
Trust that he will respond subtly
And in the deepest darkness, your prayers
In the midst of the dance of life, death, and pain
If you continue to call upon him
Without his silence saddening you
You will get his response

* * *

Let us work to build a united world, in which every nation is a useful member, guided by God through the vigilant human conscience

In our hearts, we can all practice freeing ourselves from selfishness and hatred

Let us pray for harmony among all nations, so that they may walk hand in hand through the gates of a new, sublime civilization

Sincere, heartfelt, and sweet words are like a refreshing nectar for thirsty souls Such words are needed and desired everywhere and at all times

As for harsh, offensive, and hurtful words, they are deadly to the souls of others and destructive to their inner peace They are a wrecking ball in the building of friendship and a fire that burns down safe and secure homes

A person should keep harsh words away from their lips forever and make their life home safe from trouble and sudden separation

Kind words create happiness in the hearts of friends and foes, in communities, places of worship, offices, workplaces, and everywhere else People feel an inner joy when a difficult, sullen person leaves them and are delighted to see a sincere, eloquent, kind-hearted, and gentle friend

When you make an effort to obtain what you need and are content with what God makes easy for you, you will be richer in spirit and more satisfied than those who are desperate for the world and greedy for its spoils

God works to develop the art of living rightly by revealing His truth through a mixture of different civilizations, mentalities, and nationalities

No nation is perfect in itself, and a blend of the best qualities of all nationalities will provide us with the best insights into the art of balanced living and a successful life It is worth noting that all great

figures reached the pinnacle of civilizational achievement and embodied the highest human ideals and principles in their lives

The temple of God is within the soul Enter the tranquility of that temple and sit in contemplation where the light of insight shines upon the altar of the spirit Enter that temple untouched by human hands, where there is no anxiety or fear

Come to the peace of spiritual solitude and you will hear the voice of God speaking to you in the language of silence, and you will realize that the invisible has become visible and that what seems unreal has become real

Balance is beautiful and should be the foundation of our feelings, thoughts, and actions, and the axis around which our lives revolve

Great souls maintain their composure and peace, which helps them to get through life’s trials and tribulations without losing their sanity or balance

God is present everywhere, managing the worlds and guiding the galaxies in infinite orbits And humankind, created in His image, also possesses the ability to manage its life and coordinate its activities without worry or disturbance

We should always send others ideas of love, goodwill, and peace

In the structure of meditation, where the light of insight constantly shines on the altar of the soul, there is no anxiety, no stress, no tension, no

nervousness, but rather tranquility, serenity, self-confidence, and true happiness

Lord, help us to overcome the demons of selfishness that create division and discord among people and prevent souls from coming together in love of goodness and harmony

All good deeds are acceptable to God as long as they are performed with spiritual awareness Materialistic deeds are those motivated by purely selfish considerations The barrier between material and spiritual work must be broken down All deeds performed with sound motives are pure and help to cleanse the soul of impurities and defilements

Choose your companions carefully and thoughtfully Be a sincere friend to them, but always maintain some distance, and let mutual respect be the link between you and them Do not overstep the bounds of propriety with them

It is easy to get along with others, but if you want to maintain their affection and respect for you, you should act on this advice

* * *

Through prayer, meditation, and faith, one receives spiritual guidance, and no one can live in peace and tranquility without this inner harmony However, to receive guidance directly from God, rather than relying on justifications stemming from desires, whims, or habits, requires intuitive knowledge and profound understanding

Know that everything you seek to obtain, and much more than that, awaits you in God

One evening, the teacher Paramahansa said to the students:

"Possession means nothing to me, but friendship is very precious In true brotherhood, one sees a true glimmer of the friend of friends: God"

Then he added: “Beware of deceiving a friend or betraying a human being, for that is one of the greatest sins according to the law of divine justice”

* * *

Develop greater mental strength Cultivate that strength so that, no matter what happens, you can stand firm like the brave in the battle of life and face all challenges

If you love God, you must have faith and be prepared to endure and persevere when calamities, misfortunes, and trials come

Do not despair or be afraid of the pain, but work on keeping your mind positive and strong

When you taste the actual dose of spiritual ecstasy, you will find that no other experience can compare to it

Parents should always strive to instill spiritual awareness in their children by teaching them meditation and conscious discernment so that they do not succumb to the temptation of playing with the fires of deceptive and false pleasures

When divine joy descends, my breathing becomes calm, and my spirit soars, experiencing the bliss of a thousand sleeps at once, yet I do not lose my ordinary senses This cosmic experience is reserved for those who delve deeply into attaining the highest state of consciousness

* * *

The eye of the heart:

Every person demonstrates, to varying degrees, the power of the inner eye or insight It emerges from a horizon of tranquility and peace, granting accurate and reliable knowledge about things and people without the need for inferential evidence or sensory proofs; this we know from our own experiences

True insight comes as a calm and sincere feeling, distinct from emotional anxieties and unsettling suspicions This insight manifests as an inner voice or a whisper of the heart, and it's crucial to differentiate between genuine inner guidance and the misleading voices of the subconscious

True insight (intuition) is not a rigid belief but a direct understanding of the truth and creative thinking is the best antidote to abnormal temperaments

Temperamental tendencies take hold of consciousness when a person is in a negative or agitated state When the mind is devoid of positive thoughts, its owner becomes depressed and burdened with worries And with depression and worry, the devil becomes a guest in that person's thoughts, exerting complete control over the host!

Therefore, my friend, work on developing creative ideas When you are not engaged in manual work, do something creative in your mind Keep it occupied so that there is no time left to wallow in stress and anxiety

Friendships do not satisfy our souls unless they are rooted in a shared love for God Our longing for understanding and friendship from others is, in truth, the soul's yearning for union with its source: God

The more we try to satisfy that longing through external things, the less likely we are to find the higher companion

If you possess a strong mind and cultivate unwavering determination, you can control your destiny Try testing your mental strength in small matters first, and work on strengthening it to achieve many great things I have experienced this in my life, and I speak with conviction

The only way to avoid wrongdoing is to develop sound judgment to recognize wrongdoing and resolve not to do it

One wrong fighting another does not produce a right Ignorance is humanity's true enemy and must be banished from this world

We have everything we need in this world to usher in an age of prosperity, happiness, and perfect justice The only obstacle is human selfishness, which makes this impossible Terrible and unjustifiable suffering is caused by human selfishness and the pursuit of self-interest without any regard for others

* * *

From the archives: The harvest of hatred

Nasi and Zakir hated each other The fight between them started when they were young

students in school, and when they grew up, the animosity grew with them and they became rivals in the shoe-selling business

Once, they competed for a girl's hand in marriage, and since Nasi was slightly stronger than Zakir, he beat him severely and left him unconscious When Zakir regained consciousness, he was overcome with shame, regret, and disgust at what had happened to him

Years later, Zakir decided to move to a city to work and live

Nasi had forgotten what had happened, but Zakir could not erase from his memory the humiliation and embarrassment that Nasi had caused him Nevertheless, he kept repeating and affirming to himself, "I will forgive Nasi and I will not remember his offense against me"

But after several months, Zakir realized that during his daily assurances of forgiveness, deep down he wished to take revenge, and he was waiting for opportunities to strike a similar blow to satisfy his thirst for vengeance

After a while, Nasi felt a strange pull drawing him to the city where his old rival, Zakir, had moved He had no doubt that something was about to happen Zakir, however, knew of Nasi's presence in the city and began to meticulously monitor his movements

One evening, Nasi went for a walk and to "smell the fresh air," even though the weather was gloomy and rainy

As he walked alone on a secluded road, he passed in front of an open-air warehouse, while Zakir followed him stealthily and cautiously, and when the opportunity arose, he decided to settle the account with compound interest

Overjoyed, he found that a solid tile had fallen from one of the storehouse walls, so he grabbed it and struck his former rival's head forcefully, throwing him to the ground, and stormed back the way he came without Nasi knowing of his presence

Hours later, the rain stopped, the clouds cleared, and a ray of moonlight appeared through a hole at the top of the wall Nasi woke up to find himself lying on the ground, feeling very weak

He tried to find out what had happened, and when he saw a tile next to him and a hole in the wall above it, he concluded that while he was walking alongside the warehouse, his bad luck had led that tile to fall from the top of the wall and crash down on his head

The moral of this story is that humans tend to forget the harm they have inflicted on others, even though the consequences of their actions are unforgettable, and the repercussions of those actions silently pursue them in the darkness of ignorance Just as a cow can find her calf among thousands of others, so too do the consequences of our actions have the power to persistently track us down and pinpoint our location, even after a long time

If Nasi had possessed wisdom and tried to settle the dispute between himself and his rival

Zakir and apologize to him after that incident, perhaps he would have lessened his opponent’s anger and things would not have gone any further than that

But things remained unchanged, and the seeds of dire consequences grew and flourished in the womb of a dark future, culminating in a disastrous birth To avoid unpleasant surprises, the seeds of evil inclinations lurking in the soil of the mind must be burned, and foresight must precede action, for the universal law dictates that one reaps the fruits of one's deeds, whether good or evil, sweet or bitter

Let us remember that every action leaves traces that are stored as tendencies and inclinations in the mind Unless these are dealt with wisely and prudently, they will lead to potentially dangerous consequences However, when the seeds of evil actions are burned by the fire of wisdom, they will be unable to grow again

Tomorrow's map, or: One demand worth the effort

From the teachings of the teacher

Paramhansa Yogananda

If you wander aimlessly through life waiting for opportunities to succeed, those opportunities will most likely not come knocking, and you will not find success But if you are the one who designs your own future and draws the map of your

tomorrow with your own hands, then rejoice in achieving your goal, for you are very close to reaching your desired objective

To design a successful map, you must first and foremost define your goal What does success mean to you? What do you want from success? If your answer is fame, wealth, or the fulfillment of selfish material desires, then you are headed for terrible frustration and utter failure

The most unsuccessful people are those whose names are on everyone's lips those who have the ability to buy whatever they like and possess – according to material standards – everything their souls desire, but yet they do not possess happiness! So why continue down the same dead-end road?

Fame and good fortune may be the fruits of actual success, but they are not the essence of success, nor are they the most important qualities In fact, they are not necessary at all for achieving success

So what is the purpose? What should one seek from life? There is one goal worth pursuing and striving for: happiness This necessitates extracting the hidden treasures of life from every moment, for those who are skilled at searching and know where those treasures lie

And know, O seeker of happiness, that if you limit your attention to your day

And if you enrich your day with your kind words, beneficial actions, and good thoughts

Your day will be your loyal friend and your golden opportunity

Your passport and visa will be your entry into a promising and bright future filled with success

Therefore, the next step in mapping out your future is to carefully observe the contents of each day of your life and retain what is beneficial and positive If you fall short in doing this, then you must pause and take stock

To achieve success, the following vital elements must be considered, without which success cannot be achieved:

When you wake up in the morning, don't jump out of bed immediately and start the day's activities

Tense and relax your entire body several times to gradually regain your energy Before starting your daily routine, take some time to affirm to yourself that this will be the best day of your life Convince yourself that no matter what happens, your day will be this way Beginning with prayer and meditation will strengthen your conviction and give you the strength you need

Simplify your life

Don't rely on human inventions to enjoy life If you confine yourself to fleeting pleasures, you'll

become irritable, confused, and moody There's no need for constant attachment to television, late-night gatherings, and banquets—these have become entrenched social customs As someone once said—and how true his words are—it's not our work that kills us, but how we spend our free time! You'll live longer and enjoy life more if you simplify it and don't chain yourself to society Seek the joys found in the little things

Do your best to complete the task at hand to the best of your ability

If you're dissatisfied with your current job, anxiety and haphazard performance won't change anything Try to approach the situation with a positive attitude, whatever it may be, and one of two things will happen: either you'll discover you've missed a valuable opportunity, or a new door will suddenly open wide, allowing you to enter and find a job that better suits your needs and fulfills your aspirations

Life is a continuous process of giving and receiving

Be balanced so that you do not take more than you give, nor restrict yourself to giving without taking

Broaden your perspective

Show interest in the lives and activities of others Look beyond yourself—to your family, and beyond your family to your friends, and beyond

your friends to all people Science confirms that you are part of a whole, so don't forget your larger self

Balance your life

Each day should include work, rest, leisure, study, and reflection You are a being with a body, mind, and spirit Nurture these vital elements in a balanced and harmonious way to achieve health, vitality, and knowledge

Be quick to smile, slow to frown, eager to help, willing to wait and change, and alert to opportunities

Check the account at the end of the day

Congratulate yourself on the progress you've made Things won't change overnight, so don't be afraid to confront mistakes with the determination to do better tomorrow And before you go to sleep, entrust your affairs to God, knowing that He will not leave you alone, but will provide opportunities and open doors for you as long as you exert effort and seek His help and guidance

When you are overcome by drowsiness and before you fall asleep, assure yourself that tomorrow will be better than today, with God’s help

If you are a meticulous planner and a skilled builder

If you adhere to the details of your map

It's impossible to fail!

Onward and peace be upon you!

Source: Self-Knowledge Magazine
Deep tremors

Translation: Mahmoud Abbas Masoud

O Lord, You are the mysterious heavenly electricity that flows in our veins and powers the intricate and complex mechanisms of our bodies, with all their flesh, bone, nerves, and muscles

Your vital energy is present within us, in every breath we take and every beat of our hearts Let us recognize that all power, goodness, and blessings flow from You, O Source of Generosity and the origin of all goodness, strength, and blessing in existence

* * *

* From the garden of dawn, I pick for you flowers of light to place as a humble offering at your feet

May the piercing star of my love for You surge through the atmosphere of my soul, dispelling the fog of heedlessness and the darkness of apathy Do not forget me, O Lord, even if I forget You

Remember me even if I don't remember you

* * *

Lord, bless us so that we may live with joy and optimism

Let us enjoy our earthly duties and the boundless and endless beauties of creation

Help us to refine our senses so that we may taste and enjoy the amazing nature

And let us season with your blessed flavor all the innocent pleasures of life

We have gotten rid of the negative and pessimistic outlook that unjustifiably kills the joys of living and the pleasures of life

* * *

I have long suffered from the gloomy visions of worldly things Instead of seeing you, O universal spirit, my eyes see the pale, lifeless corpse of matter

Bless me so that with the insight of wisdom I may see in all things your blessed presence

* * *

Refine our metal, O Heavenly Alchemist! Transform our weakness into strength and our misguided thoughts into true understandings of truth Turn the hideous demons of our selfish ambitions into lofty, winged aspirations, our painful ignorance into sacred wisdom, and the base raw materials of our idleness into the refined gold of sublime spiritual achievements

* * *

O Lord, with humble hands I approach You to offer You my whole being, imbuing my supplications with the fragrance of divine love!

Grant me the trust of innocent children in you and total devotion to you

Bless me so that I may feel your presence behind the words of my prayers

Inspire me to feel your presence in all my emotions

And so that I may realize that your enlightened wisdom enhances my understanding and sanctifies my knowledge

And know for certain that my life is one manifestation of your unique and one-of-a-kind life

* * *

O Lord, my love for You cannot be concealed by spoken words or whispered secrets For in a sacred, unspoken language, I will express to You my overflowing love and my great longing to meet You

Your voice is silence, and in the stillness of my soul I will hear your gentle voice

Let me feel that you have always loved me, even though I never realized it before

* * *

Teach us, Lord, to love the birds, the animals, the slender flowers, and the mute grasses that are so often crushed under our careless feet

The countless varieties of nature are expressions of your multifaceted genius: authentic masterpieces from your hand, which is constantly in motion and vibrating

Let us see in all of creation your unique work that defies imitation!

* * *

Lord, bless me so that I may see nothing but goodness and purity

So that I may hear nothing but inspiring words and hymns of divine love

Grant me your grace, O Spirit fragrant with heavenly aroma, so that I may inhale only the pleasant scents that remind me of you

Let me only taste simple, nutritious food

And may everything I touch remind me of your pure and blessed touch

* * *

My caravan of prayers is setting out towards you despite the sandstorms of despair that blow upon it from time to time, trying to hinder its progress

As I advance in the holy procession, I see from afar the oasis of your silent encouragement to me, and my strength is revived and my morale is renewed, so I redouble my efforts to reach you

When I reach the oasis of goodness, I will dip my thirsty lips of faith into the spring of your bliss and drink until I am quenched

* * *

Overwhelming waves of your sacred voice surge through the ether

Ears deafened by the distractions of sensual pleasures cannot pick up your angelic sermons

O Divine Broadcaster, let the instruments of our minds, which are not in harmony with you now, be in tune with the full concentration of the precise indicator of spiritual discernment

Teach us how to capture the heavenly melodies and spiritual music rippling in the ether of the soul

* * *

O Lord, open my spiritual insight so that it may always guide my steps and keep me from the dead-end paths of selfishness

As I walk along the twists and turns of consciousness and its winding paths, I will see and escape the rude highwaymen: greed, selfishness, and disregard for moral laws

O All-Knowing Inner Light, show me the solutions to all of life's problems

* * *

I make this sacred vow to myself:

The sun of my love will never set from the sky of my constant thoughts of you, O Lord

I will not turn my eyes away from you to anything other than you

I will not do anything that does not remind me of you

Actions stemming from ignorance and stupidity lead to nightmares and terrifying dreams

Let me only dream sweet dreams of noble achievements, for they are from Your inspiration and guidance, O Lord!

* * *

O Lord, if the veils of matter conceal you from me, how long will you remain hidden behind the enchanting curtains of lilies, roses, clouds glowing with the color of gold, and silent nights studded with luminaries and stars?

Although it hides you, I love it because it subtly hints at your presence

However, I long to see you exactly as you are, without the masks of creation!

* * *

O All-Seeing One, who is not overtaken by slumber or sleep!

You see me from the fixed, unchanging eye of the sun and the ever-changing moon And with a holistic gaze, you observe me from the countless pores of space and the twinkling lights of the watchful stars

With the touch of the breeze, you caress me, and through my friendly thoughts of you and your servants, you shower me with the blessed rain of your mercy

* * *

O cosmic voice O voice of infinity! Let me attain spiritual consciousness through your sacred resonance

It echoed through me, expanding my perceptions from the body to the boundless universe

And inspire me to feel the eternal pulse of creation through you

* * *

You move my feet You work in my hands You beat in my heart You flow with my breath And you weave thoughts in my mind

Your penetrating will rushes daily like a meteor into the skies of my human will

Let me mix a drop of my life into your cosmic sea, so that I may see the bubble of my small self floating on your vast breast

* * *

The orphans and the injured have heard of your kindness and compassion, and here they are at your door Will you turn them away disappointed and without solace?

Oh, if only your unseen hand could wipe away the searing tears from the eyes of those with broken hearts and suffering souls

Those who are lost on the paths of illusion and deception, to whom will they turn and who will they seek other than Your generous door?

With the dawn of your presence, their troubles will dissipate and their difficulties will vanish

O Lord, lift the veil so that we may see Your kind and compassionate face

* * *

O most holy divine voice, roar upon the shores of my soul and shatter the bars of materialistic thinking, so that I may be freed from the prison of the body

Let me hear in meditation your gentle oceanic resonance in my body, mind, and spirit and in my outer surroundings, and feel it spreading to all small and large cities, and to the earth, the solar system and the entire universe

And to fully realize my expansive existence within the great body of nature!

* * *

O eternal divine flame, you cast small sparks of your divine radiance into the souls and minds of humankind, appearing limited, small, and fragmented Yet you remain the sole, infinite source of every flame and light in existence

* * *

O Eternal Victorious One! Help me to cultivate noble qualities within myself: soldiers of calmness and self-control to win the battle against the most formidable enemies: anger, falsehood, and ingratitude

So I will raise above the corners of my life the banner of your right, which is supreme and cannot be surpassed

* * *

O Divine Spirit, let us consider no duty more important than the sacred duty to know You For every action, whatever its nature, can be accomplished only through the power of achievement bestowed upon us by You

Therefore, let us love you above all else, because without the grace of your life and love we cannot live or love at all

* * *

O eternal North Star! Wherever I wander and turn, the magnetic compass needle of my mind remains pointed towards you

Whether I am battered by the winds of sudden events or drenched by the rains of adversity and calamity, nevertheless guide my mind to turn towards you permanently

My love, like a bird flapping its wings amidst the clouds of confusion and the storms of bewilderment, will surely find its way to you

* * *

O Greatest Divine Player, breathe into the flute of all religions the melodies of Your wondrous

oneness, and let the sacred music carry authentic tunes of Your spirit, rich in originality and creativity

Let us harmonize with you and unite the melodies of our hearts in one hymn that we raise to you There is no god but God!

* * *

O Lord, to You I raise this prayer:

Whether my possessions are many or few, grant me the willpower to acquire everything I need day by day

* * *

I repeat my heartfelt supplications on the rosary of love, its beads strung together by the thread of longing Blessed names: God, the Universal Spirit, Brahma, Heavenly Father, Divine Mother—all are Your holy names

In your cosmic representation on the stages of the ages, you have taken on millions of appearances and images, just as you have taken on many names, but your nature remains one and unchanging, which is eternal bliss!

* * *

O God of the universal law, help me to wear my wounds and scars, born of calamities and trials, as medals and badges of discipline bestowed upon me by the hand of Your divine justice, which knows no favoritism

May my daily hardships act as an antidote to illusion and deception, and rid me of false hopes for worldly happiness

I wish the tears I shed because of the rudeness of others would wash away the hidden stains and blemishes from my mind

And may every sharp blow from the pickaxe of disturbance open new depths of wisdom and understanding within me

I wish the unholy darkness of ordinary existence would frighten me so that I would run in search of the horizons of your purity and your healing light

Life’s stings and sudden blows force me to cry out, seeking your help

And let the excavations of painful circumstances in the soil of my life reveal the abundant, ever-flowing springs of your consolation

I wish that the ugliness of roughness in others would force me to beautify myself with gentleness and kindness, and that the hurtful words of my companions would remind me to use only sweet words

If evil minds throw stones at me, I will meet them with friendly projectiles of good intentions

Like the jasmine tree that scatters its fragrant blossoms on the hand that brings the axe down on its trunk, so let me scatter the rose petals of forgiveness on everyone who treats me with coldness and hostility

Spiritual thoughts

For the sage Paramhansa Yogananda

The feeling of divine presence in meditation fills the mind with peace and charges the body with vital energy

***

Through deep, silent spiritual communion and by directing thought and feeling towards God, the seeker feels increasing joy, and this joy is tangible evidence of communication with God and touching His blessed presence

***

I saw you tilling the soil of my soul with the plow of trials and tribulations, scattering the seeds of your wisdom in its furrows I continued to water those seeds, and when the sun of your mercy shone upon them, they grew and flourished, bearing a blessed harvest of contentment and satisfaction

***

When a person comes to know God, he no longer feels that others are different from himself

***

Wise people maintain their balance and composure despite the changing circumstances and conditions, however varied they may be

***

God is the ultimate cosmic prize and the greatest gain in existence

O Lord, from this day forward I will do my utmost to get to know You and do my best to draw closer to You and feel Your love without neglecting or overlooking my worldly duties, and I will

accomplish all my duties as a pure offering to You, and thus I will gain Your favor

***

God is the source of wisdom and radiant inspirations He is the blessed fragrance emanating from all good hearts He is the garden of heavenly roses and dewy flowers of thought He is the greatest love that inspires and nourishes our love

***

God has revealed Himself to me in the horizons of tranquility, and I have tasted His bliss in the sources of my being, and I have heard His voice in my awakened conscience, and with full awareness I receive His light that permeates me constantly

***

Thought is the most flexible of forces because it is the most subtle and transparent vibration of consciousness You can break thoughts down into infinitesimal units, yet you will never reach the end

A person should not confine themselves to the narrow prison of selfishness, but rather include others in their achievements and happiness, becoming an instrument for the work of God's will When we think of ourselves, let us think of others; when we seek peace, let us seek it for others as well Those who work to bring happiness to others will be blessed and rewarded by God

***

Let me think of you until you become my only thought

***

The universe we see is a dream within a dream Matter is not just "frozen" energy, but also a "frozen" cosmic consciousness

***

Lord, help me and guide my understanding and strength so that I may bring your light to darkened minds, so that they may be enlightened and shine with the rays of your wisdom And through the power of compassionate forgiveness, let me come to you with all the brothers and sisters who stumble on the paths of misery

***

Whoever wishes to know God must have the highest degree of love in his heart, like a miser who loves money, a lover who yearns for his beloved, and a drowning person who longs for a breath of air

***

The pleasure of material things diminishes and fades away, but divine joy, which is indescribable, never diminishes or disappears

***

Let the breeze of divine love spread your bright smiles, so that their light may chase away and drive away the darkness from the hearts of others

***

Generally, love requires much greater psychological strength than hate, yet the wise find love easier than hate because they see all beings as part of the higher self and closely related to cosmic consciousness

***

Peace is the cure for every ailment, and people whose hearts are filled with love, who enjoy tranquility, and who rejoice in doing good deeds know the taste of peace, which is a necessary condition and a fundamental pillar of every happy life

***

Give love to those with hardened hearts, peace to the victims of worry and depression, sweetness to those suffering from bitter tempers, joy to those burdened by misery and pain, and be a good example to those walking the paths of error

***

There is nothing greater than honesty and sincerity in dealing with others It is easy to make friends without sincerity, but it is impossible to keep friends without sincerity

***

There are sublime states of concentration, and when the meditator reaches those states, he experiences extraordinary states of spiritual joy and glorious visions, and exclaims:

"What I searched for everywhere, I found with me and within me, and I see its light behind the walls of darkness and feel its presence in the depths of silence"

***

Divine love is a garden of heavenly roses and radiant, blossoming thoughts It nourishes our love, inspires our feelings, and fulfills our happy dreams

***

Lord, whatever circumstances I face, I recognize that they represent the next step in my spiritual growth I will welcome all trials because I know I have the mind, understanding, and strength to overcome [the obstacles and difficulties that come my way]

***

Although natural scientists now realize that matter is nothing but trapped energy, enlightened teachers have successfully moved from theoretical knowledge to practical application in the field of matter control

***

If you are determined to be happy in your life, nothing will be able to take your happiness away from you

***

Pure divine love fills the lover's soul with beauty, attracts the attention of the Lord of the Universe, and draws His eternal love

***

I know many outstanding, intelligent businessmen who, deep down, yearn to know God and gain wisdom, but they are nevertheless bound by their work and many social commitments, and in doing so, they sacrifice the most important duties—their duty to God, postgraduate studies, and home life—on the altar of money and less valuable and important commitments

The One who created us wants us to love Him with a pure, spontaneous love and we will not

know the taste of happiness unless we give our love to God

***

I will conquer pride with humility, anger with love, excitement with calmness, selfishness with altruism, evil with good, ignorance with wisdom, and anxiety with tranquility and peace

***

In our hearts there must spring a compassionate heart that soothes the wounds of others and removes sadness and pain from their hearts

***

The teacher Paramahansa said to one of the students:

"Your good habits help you in ordinary and familiar circumstances, but they may not be enough to steer the course of your life when problems arise and when the need for innate discernment arises With deep reflection, you can always distinguish between right and wrong and make the right decision in everything, even if you face unusual circumstances"

***

We cannot live without God for even a second He caresses us in gentle breezes, gives us vitality from the sun's rays, and provides us with the food we eat He is in the hearts of others around us, and He is the only one we can consider our beloved and our own

***

Humility has a sweet, attractive fragrance that makes the humble person beloved by everyone

***

We must train ourselves to think about great things such as eternity and infinity

***

God reveals His superior works in the beauty of creation, but He does not reveal that He is hidden and concealed in those exquisite beauties

***

If you have a strong mind and plant it in the soil of firm determination, and if your faith is deep, you can embody your ideas and achieve great accomplishments on the ground

***

Life should be simplified, and things handled with ease and comfort Happiness lies in having time for reflection and introspection Try to spend time alone from time to time, enjoying the inner peace that comes from tranquility and serenity

***

Evil has its power; if you follow its paths, it will overpower you If you slip, you must return immediately to the paths of piety and righteousness

***

Accept, O Lord, the longing of my soul and the love of ages that I have hidden for you in the treasury of my heart

In the sanctuary of my tranquility, I planted a garden for you and adorned it with the roses of my love

With a longing heart, an eager mind, and a yearning soul, I place at the feet of Your all-encompassing being all the blossoms of my spiritual longings and divine love

***

I will greet each day by thinking about God and meditating on Him

Every twinkling star in the sky, every pure thought, every good deed is a window through which I look to you, my God

Let me hear your voice, Lord, in the cave of meditation I will find eternal heavenly happiness within myself; then peace will fill my heart and my being in both stillness and activity

***

Emphasize calm and peace and send out thoughts of love and goodwill if you wish to live in peace and harmony in this world

***

Most people are carbon copies of others, imitating what others say and do A person should be unique and show the best of their unique nature

***

If you have despaired of attaining happiness, rejoice and do not lose hope For your soul is a reflection of the ever-joyful Greater Spirit, and in its essence, it is the source of happiness

If you close the eyes of your mental focus, you will not be able to see the bright sun of happiness on the horizon of your life But no matter how tightly you close your mind's eyelids, the sun of

happiness will still try to penetrate the closed chambers of your mind

Open the windows of tranquility and you will see a sudden radiance of happiness within yourself, for the rays of the joyful spirit can be perceived if you turn your thoughts inward

***

Meditation clears the cosmic fog when self-awareness begins to rise to higher levels and horizons of existence

Every inventor is driven by material need; necessity is the mother of invention Similarly, the wise became—out of necessity—ardent spiritual seekers They discovered that without inner contentment, no amount of external good fortune could bring lasting happiness

A single moon dispels the darkness of night Likewise, a soul illuminated by God's light and knowledge, a soul rooted in divine love, dispels the darkness of others' souls wherever it goes, spreading the light of love, understanding, and peace

***

To have friends, we must show genuine affection towards others Those who open the magnetic door to friendship will attract souls with similar vibrations [inclinations and temperaments]

***

Happiness lies in maintaining psychological clarity through all earthly tests and experiences of a dual nature

***

When the heart is with someone, it draws to it all the qualities of that person Whoever thinks of good people, their goodness is transferred to him, and whoever focuses affectionately on inspiring people, inspirations come to him, and whoever associates, even in thought, with those of living consciences, noble morals, and honorable intentions shares in their nobility and morals, because the mind attracts like a magnet [and like attracts like]

***

When a flood of overwhelming love for God overwhelms the heart of the yearning soul, words fail to describe the experience This love is a secret of the soul, a profound connection with God, like a sacred fire consuming the darkness of the self, allowing the seeker to perceive God's light and feel His nearness

***

A small cup cannot contain the ocean within it Similarly, human consciousness, limited by the physical and mental constraints of material perception, cannot contain cosmic consciousness, no matter how strong the desire However, through deep and consistent meditation, human consciousness can be elevated and its perception broadened to the point of touching cosmic consciousness

***

Once, a man in New York approached me [immediately after I finished one of my lectures] and insisted that he could leave his physical body

and travel in his astral body I told him, "I don't believe that You're imagining you possess that ability" But he insisted on testing me, so I agreed, saying, "Very well, then go downstairs in your astral body and tell me what's in the restaurant" He remained silent for a moment, then said, "There's a grand piano in the right-hand corner" I knew he was imagining it because his breathing and pulse were normal, so I said, "On the contrary, I think if you went there, you'd find two ladies sitting around a table" He scoffed at my suggestion, so I said, "Let's go to the restaurant together now" When we arrived, we went to the corner he mentioned, but there was no piano; instead, we found two ladies sitting around a table Finally, our friend realized that he had been deluded by his own delusions

Faith in God and inner harmony are the greatest help and support for a person to bear the burdens of life

***

We must listen to the voice of God echoing in sound thoughts Good thoughts are like promptings from God and angelic spirits to guide and help us Satan, too, tries to subjugate humanity through his satanic whispers, which manifest as evil thoughts, malicious intentions, and impure motives that must not be allowed to occupy the realm of thought and pollute the space of consciousness

***

When a seeker's prayer springs from the depths of their heart, their words become imbued

with love for God, and others feel its spiritual impact and experience divine love in their presence However, if that seeker lacks strength, those around them may steal that love from them This happens when they begin to praise and admire their spirituality If they become consumed by the feeling that they are great because they can inspire others, weakness creeps in, pride takes hold of their heart, and they lose their love for God as a result

***

The human mind is strengthened through battling illness and overcoming hardship Whatever weakens the mind is an enemy, and whatever strengthens it is a haven of peace Face life's events with courage and fortitude God has shown me that this life is a cosmic dream When our spiritual consciousness awakens, we remember life's experiences as a fleeting dream of joy and sorrow, and we realize that we are immortal in God

***

The wise man Paramahansa said to one of his disciples:

Expand the boundaries of your kingdom of love to gradually include your family, your neighbors, your community, your country, all countries, and all living creatures Be a universal friend whose heart overflows with compassion and kindness towards God's creatures, and spread love everywhere

***

The examiner of hearts wants nothing from us but our hearts

God should be sought not for personal gain, but out of longing for Him, desire for Him, and supplication to Him with pure, unwavering, and focused love

When a person's love for God equals their attachment to their mortal physical body, then God will come to them

He who does not catch a pearl in one or two dives should not blame the sea, but rather his method of diving and his lack of depth

Whoever delves deeply into the sea of consciousness will find the pearl of divine presence

***

Peace is the heavenly drink poured from the pitchers of stillness

Behind the gray clouds of temporary disappointments and frustrations, the rays of achievements shine ever brightly

***

Happiness, success, and peace of mind come from making an effort to harmonize through meditation and supplication with the will of God, which is the force that weaves the fabric of life in harmony with the cosmic forces

***

The motivation in life should be to do good deeds and spread an aura of love and peace

***

Your nature is timeless, so don't burden yourself with material constraints and worldly

limitations Transform every regret over missed opportunities into optimism for new achievements that will bring you satisfaction and joy

***

Simplify your life so that you have plenty of time to enjoy life's little pleasures

***

In every atom of this amazing and wondrous universe, God performs miracles without ceasing

***

God is the light that constantly dispels the darkness of ignorance He is the river of life that nourishes the soil of our souls

***

Harmonious thinking produces harmony and accord in this world which seems to be teeming with all kinds of dissonance and discord

***

The impulse to perform noble and beautiful deeds within our capacity is the creative force behind every worthwhile achievement We strive for perfection because our souls yearn to reconnect with their spiritual nature and essential unity with their divine source

***

We are here today and tomorrow we will depart, mere shadows in a cosmic dream But behind the unreality of these fleeting images lies the eternal truth of the soul

***

Wise people do not want you to offer them obedience, but if you volunteer to accept their

guidance, they will certainly tell you the truth and what is best for you, with complete honesty and impartiality

***

Be a living tree that grows and sends out new trunks and branches Those with strong hearts say:

"There are rays of sunshine in our lives, and we have opportunities to work and unleash hopes and branches of achievements"

***

There is nothing greater than honesty and sincerity in dealing with others

***

Do your best, then rest and relax and let things take their natural course instead of trying to change them by force

***

Master Paramahansa said, encouraging one of his disciples:

If your prayers reach God, it doesn't matter if your sins are deeper than the ocean of darkness and higher than the Himalayas; God will forgive them and erase them as if they never happened, as long as you are determined not to repeat them You may sink for a time beneath layers of darkness, but you are a spark of divine fire—a flame from the eternal, everlasting torch that never fades or dies You can obscure the flame, but you cannot extinguish it

***

Using one's will consistently, calmly, and strongly will set the cosmic forces in motion and

bring about a response from the Lord of the Universes

***

Many people don't believe it's necessary to analyze the nature of love They define it as the feeling they have for their relatives, friends, and others to whom they feel a strong attraction But love is so much more than that The only way I can describe true love to you is by describing the effect it has on the soul Feeling even a tiny spark of divine love fills a person with such overwhelming joy that it's difficult to contain it The satisfaction that love brings lies not in the feeling of love itself, but in the joy it brings True love gives us happiness beyond description

***

The body's life force must be maintained through a balanced diet, optimism, and smiling Those who find joy within themselves discover that their bodies are charged with an electric current originating from life energy, intimately connected to divine will and the universal mind Smiling is extremely beneficial to health It attracts positive vibrations, opens horizons of optimism, and brings inner peace and psychological comfort

***

The whole world has forgotten the true meaning of the word "love," and it has been regrettably misunderstood and misused Just as oil is found in every part of the olive, so too does love permeate all of creation But defining love is incredibly difficult, much like trying to describe the

taste and flavor of an orange One must taste an orange oneself to truly understand its flavor, and the same applies to love

Everyone has experienced love in some form within their heart, and therefore has some understanding of its nature, but they do not know how to cultivate, purify, and expand it into divine love A spark of divine love exists in most hearts from a young age, but it is often lost because people do not know how to nurture and develop it

***

Life is a school of experiences, and it all points in one direction: God

***

The changing scenes of life obscure real life Behind the moving images of unreal visible things lies the true cosmic life hidden from view

***

Troubles and difficulties arise from a person's lack of awareness of their past actions, committed at a particular time and place Their current suffering stems from thoughts and deeds they uttered, which took root in the soil of their consciousness, sprouting into a plant and bearing fruit that reflects the very characteristics of those thoughts and actions

Trials and tribulations do not come to break a person and paralyze his will, but rather to make him appreciate God as he should be appreciated and respect His laws through which he can obtain true happiness

***

The teacher Paramahansa said to a group of disciples:

Practice the art of living in this world without losing your inner peace, and walk the path of balance to reach the amazing and wondrous garden of self-knowledge

***

In humility we find a valley of dreams studded with the fragrant, blossoming flowers of self-knowledge

***

God's beauty is boundless It is good to enjoy roses and flowers, but greater than enjoying their beauty is seeing God's face behind their purity and loveliness The pleasure derived from music, the love of music itself, cannot compare to the creative voice of God flowing through its melodies

***

Peace-loving souls gather the waters of wisdom flowing from human and divine springs

Lord, I know that You listen to the silent words of my soul and the pleas of my heart to You

***

Let us always strive to beautify our lives in every way by embracing love, honesty, and sincerity, and by looking daily into the mirror of self-reflection and exploring the depths of the soul

***

Ignorance [of annoying habits] is like itching or scratching The more you give in to the skin's urge to scratch to get rid of the annoying feeling, the more the urge to scratch increases, and the more

you ignore that feeling and do not give in to it, the less it bothers you

***

One must not infringe upon the rights of others, nor deprive them of their land, peace, love, dignity, or any of their material or intangible possessions If you do not feel the desire to take what is not yours, what you need or desire will come to you Theft originates first in the mind when a person begins to envy others The seeds of malicious desire must be uprooted from the mind

***

With the dawn of spiritual longings, man chooses the chisel of wisdom to shape his life beautifully

***

When we look at all that is beautiful in nature, we experience a feeling of tenderness and compassion within us

***

Any important step in life deserves to be thought about thoroughly and at length, and examined in the fire of daily experiences under varying circumstances

***

Those who are self-sufficient are the ones who live uprightly Happiness comes only from pure thought and righteous action If you are happy now, you will be happy in the future, both here and in the next world We must accumulate good fortune by gathering the fruits of wisdom while the sun of

opportunity shines In other words, we must seize opportunities before it is too late

***

Walk the paths of life with steadfastness and composure, knowing that the infinite creative power is with you, accompanying and supporting you

***

Everyone needs a period of solitude and rest in order to cope with the increasing pressures of life, and individuals should respect each other's independence

Behind every shadow of life lies the greater light of God

***

Hold fast to the helm of faith and do not fear the unfavorable external circumstances that buffet the ship of your life Trust that the "impossibilities" you hope to achieve, you will accomplish with God's help, through the strength of faith that withstands all challenges

***

When you can achieve self-harmony, then you can be in harmony with everyone else

***

This world is not our home; our home is on the other side, in God's cosmic consciousness

***

Is there anything more exciting than living a fruitful life filled with harmony, love, and giving?

***

Breathe in the fresh air of other people's vital ideas and benefit from their bright, positive perspectives

***

My heart overflows with joy when I see a handful of sincere devotees yearning for God's love We came into this world only to reap the fruits of loving God and serving Him faithfully and humbly

***

Live only in the present, not in the future Do your best today and don't look to tomorrow

***

In the cave of inner silence you will find the fountain of wisdom

***

On the forehead, between the eyebrows, lies the gateway to heaven This center in the brain [the location of the spiritual eye or spiritual consciousness] is the axis of will When you focus your mental power on this center and gently urge your will, what you desire will be achieved (We often observe that a person trying to remember something unconsciously touches this point on their forehead)

Therefore, one must not use one's will for evil purposes Wishing deliberate harm upon others is a gross misuse of the powers God has bestowed upon us If you find your will leading you astray, stop, for continuing in that direction is not only a waste of spiritual energy, but it will also cause you to lose that power, rendering you unable to use it even for good

We humans are endowed with the capacity for self-control Although we are not entirely free, we hold the key to freedom Yet, many live haphazardly, failing to use their God-given intelligence and free will to achieve self-mastery

***

The tiger is governed by the instinct to kill and has no choice in the matter But humans possess free will and intelligence, enabling them to continuously improve their situation and raise their standards instead of remaining prisoners of harmful instincts and habits

***

Once I was traveling by train and the weather was extremely hot, and the air felt as if it were coming from an oven Everyone around me was suffering from the intense heat, but I was smiling inwardly because my mind was detached from the idea of the heat, as I had convinced myself that the same electricity that creates heat in the oven creates ice in the refrigerator and at that moment I felt as if a layer of ice had enveloped my body

***

When I send out waves of my love and good wishes to others, I am opening a gateway for divine love to come to me

***

Try to get rid of the annoying things in your life, or tolerate them if necessary, without allowing them to bother you psychologically

If a person can be clean, there is no need for them to remain dirty

One may be as attached to living in a cottage as one is to living in a palace

The most important factor in achieving spiritual success is making an effort

***

The worldly seek God’s gifts, but the wise seek the Giver Himself

***

At night, I withdraw completely from the demands of the world and become utterly detached from it, alone with my will I guide my thoughts, directing them along the desired paths until I arrive at the right decision and how to implement it Then, I motivate my will to take the appropriate action, and with God's help, I achieve success In this way, I have used my will effectively many times, but this is only possible with consistent and continuous use of it

***

The image of the mountains painted on the blue horizon, the wondrous mechanism of the human body, the roses and the green silk carpet, the nobility of souls, the sublimity of minds, and the depth of love all these remind us of the beautiful God and the source of all nobility and nobility

Unless a person works to develop their nature in a balanced way—mentally, materially, and spiritually—they will not taste true happiness Spiritual insight inspires us to wisdom, and it is unwise to allow the ego to dominate wisdom,

sound judgment, and discernment; rather, the final decision should rest with insight and conscience

***

If you fill your heart with love and longing for an idea about God and keep it deep within you, then the Lord of the Universe will come to you and accept that idea from you because divine longing touches the heart of God

***

When you are secure in God, you can enjoy everything without attachment Therefore, it is of utmost importance to make an effort to know God, otherwise life may disappoint you and shatter your hopes in a terrible way

***

Our time will pass, and what we see now will fade and disappear one day Change is good as long as you don't allow it to harm you, and when it hurts, it serves as a warning to let go of desires that will cause you suffering if you cannot fulfill them

***

Everything in the universe is interconnected and closely linked to one another Through the proper use of the human intellect bestowed upon us by God, we realize that all of life is connected to the Supreme Mind

***

The entire physical creation that dazzles the human mind only gives exciting hints of the amazing wonders of the universe

***

No task should be attempted with a confused and disturbed mind, like a feather in the wind Rather, all duties must be accomplished with inner and outer peace, with tranquility and self-control, with intelligence and great concentration

***

If you dedicate some time each day to deep reflection on God and supplication to Him, you will receive in return great comfort and true happiness

***

Every day should be a day of thanksgiving for the gifts of life: sunshine, water, delicious fruits and vegetables, which are indirect gifts from the greatest giver: God

***

I am a king over myself, not a king of possessions I own nothing, yet I rule the kingdom of my peace, and I am crowned on the throne of perpetual contentment

***

When you are calm, you feel a world of happiness pulsating within you

***

Human love is meaningless unless it is rooted in the unconditional love of God A young man and woman may fall in love, but after a while, discord and hatred replace it Human infatuation is imperfect, while divine love is perfect and eternal

***

The only way to experience divine love is to do everything to please God and you will find that God comes to you in ways you do not expect, and His

joy will overwhelm you and His light will shine upon you

My desire is to establish temples for God in people's souls and to see His blessed smile shining on their faces The greatest achievement in life is for a person to dedicate a temple to God in their soul, and this is easily attainable

***

Many people come to me to talk about their worries, and I ask them to calm down, reflect, and not consider other solutions until they feel peace and spiritual tranquility When the mind is calm and faith in God is strong, solutions to problems will inevitably emerge Ignoring problems doesn't guarantee their disappearance, nor does worrying about them yield positive results Meditate until you feel calm, then think about your problem and pray fervently to God for His help Focus on the problem, and you will find a solution without worry or strenuous effort

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O Lord, play Your immortal melodies on the flute of my life, so that I may be blessed by the vibrations of Your holy tunes

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It is very important to control emotions for happiness and peace of mind Then no one will be able to annoy you or awaken envy in you, and you will remain steadfast and proud deep down, and no one will be able to challenge you or disturb your peace

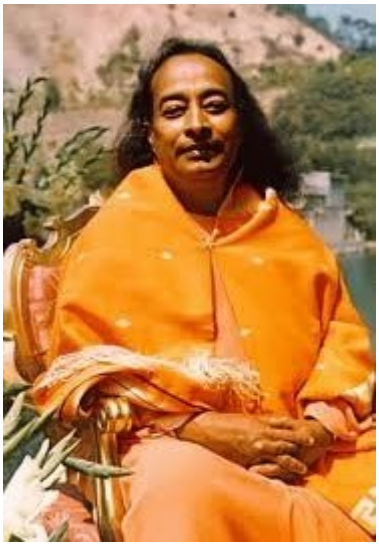
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Humility is the surest way to receive the rain of divine mercy

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Sometimes people think that God is far away from them, in a distant place in the universe, and therefore they do not call upon Him But He is closer than close and dearer than a beloved to those who think of Him and consider Him near to them

spiritual



The soul must be awakened

From the slumber of weakness and the shackles of frustration

And its emanation into the realm of wisdom, light, and peace

There are several ways to do this

Among them is self-control

Proper nutrition

Courage and steadfastness to principles

A stable psychological state

And bravery in facing challenges

And to relieve consciousness from sensory distractions

Focusing intellectually on the positives

He refused to be defeated in the struggles of life

Because admitting defeat weakens resolve

Activating unlimited spiritual powers

Which the Creator bestowed upon humankind

And contemplating God until one touches His presence

The most accurate indicators of God's existence

It is the joy that grows during contemplation of it

When the mind is free

From prejudice, bias, and injustice

And when narrow-mindedness fades away

When we empathize with others

We feel that houses of worship, in all their diversity

They are the houses of God

When we realize that life is a struggle and a duty to be performed

And at the same time, a fleeting dream

When we think of God with love

We work to make others happy

With kind words and selfless service

Then we will realize that God is with us

And we are in close contact with him

Cosmic Routine: Between Power and Intelligence

Some people don't realize

There is a difference between strength and intelligence

Electricity is power

But unless it is placed in a lamp

It will not give off the light we can use

It is intelligence that puts electricity in the light bulb

Not all the forces of nature can

To function satisfactorily on its own

Without intelligence to guide and coordinate them

Thus we see that the factory of cosmic intelligence

It works in a coordinated way

Steam has the power to move things

Fire turns water into steam
These are just two forces
From the forces of nature
But in their natural, untamed state
They produce nothing of any significant benefit
But when they are used intelligently
And guide them correctly
They provide a great service to humanity
From this we deduce
that the Earth and the entire universe
They undergo a strict routine
Which makes human life possible
This cosmic routine
Or "the rhythm of the celestial bodies"
It is the product of a supreme divine mind
The universe would not exist without Him
And the limited human mind has no power
To be aware of its secrets and mysteries
Invocation
O Divine Light
The permeating atoms of matter!
You are hidden and unseen
The senses cannot perceive you
Whether in sunlight
warm golden
Or in the cold silver ropes of the moon
Celestial lamps reveal nature
But it doesn't show you
The visible world of matter
Due to the intense lights
It's just darkness to my eyes

Train my insight to perceive your hidden splendor
Manifest in all creation
In the cerebral region
The human brain, including
From the topography and folds
It contains arterial channels
And dark rivers of blood vessels
It is a miniature version of a large country
Is this an extravagant area?
Is there no divine inhabitant?
Can there be a poem without a poet?
Or a watch without a maker?
Or a rose without a designer?
No absolutely not
Similarly, the cerebral region
Hidden beauty
It was created by means
Amazing and extraordinary intelligence
I wonder who inhabits this magnificent hall
With its walls made of
adhering bone tissues
And its amazing ingredients
Which defies imitation?
Because beneath the skull lies an area
It teems with billions of cells
Vibrant and intelligent
And busy around the clock
With extremely strenuous and complex activities
tiny brain particles
It works non-stop

With varying functions
Preparing banquets
Microscopic examinations
Welcoming incoming guests
Through the doors of the senses
There is something similar to buying and selling
Ongoing operations
From absorption and drainage
And like small boats
Blood cells move
In the middle of the arterial ducts
Loaded with vital supplies
Various types and varieties
Inspired by the Creator of Kindness
Pride causes spiritual blindness
Because it expels from the soul
Vision of vast expanse
He who dwells in great souls
Great people realize
Their powers are borrowed
From God Almighty
He who loves the humble
And He increases them in knowledge, guidance, and strength
Whether the person
successful businessman
Or a shrewd politician
Or a tyrannical dictator
or a great reformer
His power is nothing
Compared to God's infinite power

Humility is the open door
From which flows the abundance of mercy
Love and reassurance
To the kind souls
Lover of good
And receptive to the lights
And blessings from heaven
Just as darkness cannot remain
Wherever the light shines
This is how the darkness of illness should fade away
When the light of God shines in the body's cells
Few are those who realize this fact
When people feel a strong desire to heal
They pray with troubled hearts
Or with a feeling of despair
Thinking that God will not listen to their prayers
Or they pray but do not wait
So that they may know whether their prayers have reached God
Just as it is impossible to listen
To the music broadcast on the airwaves
Using a faulty receiver
Thus, vibrations cannot be detected
Health, strength, and wisdom that come from God
With a psyche malfunctioning due to fears and worries
All forms of anxiety, doubt, and uncertainty
Let us remember you and thank you, Lord

In poverty and prosperity
In sickness and recovery
In darkness and light
In all circumstances
Let us remember with gratitude the days of well-being
Which you have bestowed upon us
Help us to open the eyes of faith
Let us see your blessed light
The Healer of all diseases and ailments
They will taste inner joy once again
The law of motion is based on the law of cause and effect, or action and reaction
The person born good in this life was so in a previous incarnation {because of what their hands have put forth} And if they strive to do good, the scale of good will tip more and more in their favor - "To him who has, more will be given, and he will have abundance"
Those who possess only a few good qualities may lose even that little, for "what is not, will be taken from them," due to the powerful evil inclinations that attack and overwhelm them
A person inclined towards evil must have possessed that evil tendency in a previous life, and these evil inclinations may intensify and control them Those who have some wrongdoing tendencies were like that before, and if the good outweighs the bad, then the virtuous qualities will drive out the wrongdoing tendencies from their souls

This is the natural working of the law of cause and effect (karma) However, one should not feel helpless and trapped if one happens to have undesirable habits that one wishes to get rid of Now is the opportune moment to conquer those habits by cultivating past resolve and sound thinking

A person can free themselves from the grip of bad habits and create good habits in thought and deed, which will bring them the desired results

No matter how deeply ingrained bad habits may be in a person, they must remember that they themselves created those habits through the repetition of specific thoughts and actions, and that they can replace those bad habits with good ones through positive and constructive thinking

Good and evil thoughts are contrasting states of human consciousness Naturally, it's better to have pleasant dreams than to suffer terrifying nightmares Consciousness is flexible and sensitive; it can assume the state it desires or dream the dreams that appeal to it

But the problem with people is that they allow their realm of consciousness—of their own free will and choice—to be governed by deviant tendencies and erroneous orientations born of past habits Thus, their powers of discernment remain fugitive and adrift, as does the metaphysical guardianship entrenched behind the fortresses of discernment and perception

When those intoxicated by harmful habits taste the bitter pain of an unnatural life, they will

turn to the light of understanding and righteous living in search of salvation, no matter how entrenched and deeply rooted their bad habits may be

Then, if they work on developing and nurturing good habits through practicing harmonious ways of living, they will rediscover inner joy and enjoy peace as a natural outcome of self-control and cultivating good habits

True friendship
Positive exchange means
emotional engagement
It means making friends feel better
In times of distress
And sympathizing with them
In their sorrows and afflictions
And advising them
In critical circumstances
and financial assistance
In times of actual need
When a person is honest with himself
and a loyal friend to others
He will become eligible
To taste the nectar of divine friendship
When others feel our love
That love will expand to become all-encompassing love
It flows in every heart
In harmony with the blessed pulse of life
Failure to convey friendly feelings
This means ignoring the law of self-expansion

Through which the perceptions of the soul expand

To touch the divine presence

When we establish trust

In the hearts of others who accept

And we are able to expand the boundaries of our love

To include larger segments of the population

We will then be able to broaden the scope of our awareness

And its launch towards the threshold of cosmic consciousness

Two things that everyone desires without exception

Humans differ outwardly from one another in their psychological and emotional makeup, in the roles they play in life, in the work they do, and in the desires that stir within them But beneath all these differences lie two things that all people—without exception—desire and even feel a need for

These two things are freedom from all forms of suffering and want, and the attainment of lasting happiness unconditionally; or complete contentment that includes peace, love, wisdom, and joy

People will not find peace until they achieve that contentment their hearts yearn for and which they strive for by all means and methods This is a pivotal point in understanding the human condition

Unfortunately, people seek satisfaction in the wrong places and fail to find it

They seek it in the world and worldly things in possessions and external circumstances, and in relationships not based on sound understanding and solid foundations

Consequently, it is impossible for a person to obtain pure happiness from any circumstance or from any person in this world, given the very nature of creation

Creation is based on the principle of duality For example, you cannot have an image in only one color; you need contrast or difference Similarly, it is impossible for dualities to be absent from this world

Given human desires, each of us wants only good things – pleasant, beautiful, and positive things – without having to deal with waste, annoyances, and other unpleasant things But that's impossible

In this world of duality, there is no pleasure without pain, no light without darkness, no good without evil, no life without death One side of a coin cannot be obtained without the other That which we yearn for deep within cannot be found in anything the world can offer

The choice is up to the individual Will they continue searching for what they're looking for in the wrong place and experience frustration after frustration?

People search with all their might and desire, but they do not find what they seek, leading to frustration and despair Moreover, it leads to growing resentment, which in turn transforms into

intense anger and ultimately into acts of violence Therefore, the wrong way of searching does not lead to the desired happiness

The Supreme Creator desires for us a complete and perfect happiness that can only be found in the depths of the soul Therefore, God created this universe in such a way that nothing in it satisfies the human heart and fulfills its desires except when it turns to the source of happiness, bliss, and contentment, which is also its source

Truly, the kingdom of heaven is within man

Balance in the scales

Balance is an ideal that combines considerations

Material, psychological, emotional, and spiritual

In a harmonious unity, it is practical in nature

It stimulates creative thinking and encourages productive work

Each one of us wants to have a healthy body

Healthy and free from all obstacles and forms of weakness

We also want our minds to be alert

And that our emotions and feelings work for us, not against us

We want it to contribute to making our relationships with those around us better

Harmonious and satisfying, just as we want to be

In touch with the spiritual side of our being

Times can be tough

There are many pressures

Tensions are rising
To achieve balance in such circumstances
An investment of energy, time, and attention is required
Balance is not achieved through wishful thinking
Rather, it must be achieved through actual planning and serious effort
There are many elements in our lives that need balance
Many of them seem inconsistent with each other
For example, responsibility towards the family
Earning a living and maintaining health
And observing literary and moral principles
And dealing with the huge amount of necessary information
Duty towards society
In addition to numerous other commitments that require our time and energy
Time is short for all of us
But we need to simplify our lives to reduce our problems
How much precious time is wasted searching for material things?
We consider it the best because it is new and indispensable
But this obsession has a price, which Buddha expressed by saying
"Whoever wants to own cows must take care of them"

If we analyze our lives, we will find that we care about a lot of "dolls"
Which the media and commercials convinced us of
It is essential for our comfort and happiness
Ironically, so-called time-saving innovations
Modern man has been robbed
What he used to enjoy in terms of free time
In order to balance the conflicting elements in our lives
We need a stable point of reference
It does not change with time, place, or circumstances
The more complex life becomes, the more we need understanding
That the only foundation that can be held and relied upon
He is God Almighty, the One who lies behind life in all its phenomena and manifestations
It is the lifeboat amidst the raging, turbulent sea of life
A safe haven from life's blows and painful setbacks
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People trust themselves
More than their trust in God
Although they know for certain
They ultimately
They cannot breathe
Or walking or movement
Without God's driving and direct power
Stored in the brain, heart, and body cells

Because they were accustomed to relying on food

air and sunlight

They have come to believe that these external elements

She supports them and gives them life

But it is an illusion to think this way

Because man depends directly on a single force

That power is God

Because God is the Most High and the Greatest

And the highest in existence

People were gripped by fear of him

Although it is the spirit of love, tenderness, mercy, and peace

I don't want to instill in people's minds a hellish, burning fire

Because God is the closest beloved to the heart and soul

He is the beautiful one whose beauty cannot be compared to anything else

If we think about it in this way

We will feel close to Him and He close to us

And if we strive towards it sincerely

He will open His arms to us with mercy and compassion

And if we ask for it with all our hearts

We felt an increasing longing for him

He will come to us

Absolutely

-

In countless ways
Logic shows us
God is the cause and reason for this existence
But the actual proof of God's existence
Unreachable
By rational deduction only
If we wish to find God
- Which is the sole purpose of our existence -
We must go further than
Normal thinking process
Because God is beyond the comprehension of the sense mind
Its essence cannot be grasped
I'm always and forever preoccupied with my thoughts
With material desires
Where he is tossed about by waves of pleasure and pain
He is tormented by turbulent emotions
If we want to reach a sublime state
From higher consciousness and perceptions
It is necessary to withdraw the thought
From his frenzied, raging activity
By focusing the mind and meditating on God
Once the storm of thoughts subsides
So that a sweet and blessed tranquility may descend upon the soul
The disciple then feels tranquility and certainty
Outside the scope of normal experience
As his insight is opened and his spiritual faculties awaken
He perceives it directly

Without the senses
The blessed divine presence
We often fail to see the things closest to us
We pass by precious treasures without stopping
And we continue our pursuit of imagination
Or we try to catch rainbows
We seek security in the dark
Although our souls truly yearn for light
We drink dreams that do not quench our thirst
While our souls yearn for the ultimate truth
We are chasing a mirage that doesn't even exist
In an attempt to find rest in its shade
From the heat of life and its scorching summer
When we truly yearn
An oasis of peace and harmony
latent in our souls
Non-incompatible diversity
The one that the world is teeming with
What tempts and lures us
To focus our attention on material things
It is merely a pale shadow
For rare treasures that lie
In the underground mines
We must work to calm the anxious mind
Ever chasing after worldly goods
And directing its course inwards
We must harmonize our thoughts and desires
With sufficient healing facts
Found deep within the self
Then we will see harmony

In our lives and in nature
If we align our hopes and expectations
With the innate harmony within us
We will sail safely in the sea of life
Without fear of drowning
Because our self-harmony
It will be a life jacket
And with wings of trust in God
We will soar high in the atmosphere of peace
Some may wonder
"As long as we have freedom of choice
So why do the results contradict our expectations?
The answer is as follows:
Man has weakened his will
He lost knowledge of spiritual powers
existing in his consciousness
But if he works on strengthening his will
By practicing self-control
And contemplating the divine light within him
His will is freed
And when his will is freed
He becomes the master of his own destiny
But if he finds that he is alive
In a way that his conscience does not approve of
He will not be freed and will not be able to ascend
On the ladder of advancement
We must spend time
To do those things
Which contributes to our happiness

And it brings us benefit and good
No one can stop our march
As long as our resolve remains steadfast
Moving forward
Man confines himself
Inside a narrow cell
From the limited horizon
small ideas
mood swings
unhealthy habits
That's why he has to train himself
To be more flexible, open, and accepting
We must work to keep our passions under control
And training our will in the right direction
By doing the best things in life
And that we should think more about God
We spread the spirit of love, peace, and brotherhood
In every corner of this world
Those with brilliant minds

Master Paramhansa Yogananda

Translation: Mahmoud Abbas Masoud

Since we came into this world from an unknown source, it is natural for us to wonder about the origin and purpose of life We hear and read about a Creator of this world, but we do not know how to reach Him All we know is that the entire universe proclaims the existence of His divine intelligence Just as the small, precise components of a watch make us admire the

watchmaker, and just as the large, complex machines of a factory amaze and inspire admiration for their inventor, so too when we see the wonders of nature, we marvel at the intelligence hidden behind them, and we ask:

"Who gave the flower its vibrant, sun-facing shape?"

Where did its fragrance and beauty come from?

And how were its petals formed with such exquisite precision and dyed with such wonderful, joyful colors?

At night, the stars and the moon, spreading silvery light around us, encourage us to contemplate the consciousness that guides these celestial bodies in deep space

The soft light of the full moon is insufficient for daily activity, and so a wise and patient mind inspires us to rest at night Then the sun rises, and its bright light allows us to see the world around us with clarity and serenity, enabling us to undertake the tasks that present themselves to us

There are two ways to fulfill our needs: the physical and the spiritual When our health deteriorates, for example, we can go to a doctor for treatment But there comes a time when neither a doctor nor anyone else can help, and we turn to the second way: to the spiritual power that created our body, mind, and soul Physical power is limited,

and when it fails, we turn to the unlimited divine power This also applies to our financial needs When we do our best and still don't get enough, we turn to that power

Everyone thinks their problems are the worst Some feel more pressure than others because their resistance is weak Given the differences in people's mental strength, they expend different amounts of energy If a person faces an extremely difficult problem and their mind is weak, they will not be able to overcome it Those with strong minds can overcome their difficulties by breaking down barriers and shaking their foundations Yet, even the strongest people have sometimes faced failure When we are faced with numerous and overwhelming material, intellectual, and spiritual troubles and difficulties, we realize how limited life's power is in this material world

Our efforts should not be solely dedicated to achieving good health and financial security, but also to searching for the meaning of life What is the purpose of life? When difficulties overwhelm us, we first turn to our surroundings, attempting every material adjustment we believe will provide relief But when we reach a dead end and say, "All my attempts have failed; what more can I do?" we begin to seriously consider finding an effective solution to our problem And when our thinking becomes sufficiently deep, we find the answer within ourselves This, in itself, is a form of answered prayer

Prayer: A spiritual need

Prayer is a spiritual need God did not create us as beggars, for He created us in His image The Holy Scriptures declare this A beggar who goes to the house of a rich person and asks for alms receives a beggar's share But a son can obtain anything from his rich father Therefore, we should not act like beggars

Some people seem to have everything and are born into luxury and comfort, while others seem to attract trouble and failure Where is God's image in them? The power of the divine spirit resides within each of us But how can we cultivate that power? Perhaps you have felt discouraged in the past because your prayers didn't seem to be answered, but don't lose hope and faith To know whether your prayers are effective or not, you must have a fundamental belief in the power of prayer deep within yourself

Perhaps some people's prayers go unanswered because they choose to beg Likewise, one must know what to ask of God You may pray with all your heart and all your might to possess the earth and everything on it, but your prayers will not be accepted because all prayers related to material life are inherently limited, and indeed, should be limited But there is a right way to pray It is said that a cat has nine lives But difficulties have ninety-nine lives! You must find an effective way to get rid of the "cat of difficulties" The secret of effective prayer lies in changing one's position

from that of a beggar to that of someone with a right When you ask God for something of that spiritual nature, your prayer will possess both power and wisdom

The seeds of success lie in willpower

Most people become extremely nervous and anxious when trying to accomplish something of great importance to them Acting with worry and nervousness does not attract divine power, but the calm and persistent use of willpower shakes the forces of the universe and brings a response from the infinite Absolute The seeds of success for everything you intend to achieve lie within your will A will that is broken and crushed by difficulties becomes temporarily paralyzed But the resolute and determined person who says, "My body may be torn to pieces, but the head of my will shall remain held high and driven by resolve," demonstrates the highest degree of willpower

Willpower and its proper direction are what elevate and raise a person's status When a person abandons the use of willpower, they become an ordinary person, ineffective in the course of events Many say that we shouldn't use our willpower to change circumstances, for fear of hindering God's plan But why did God give us willpower if He didn't want us to use it? I once met a rigid man who said he didn't believe in using willpower because it feeds self-importance I replied, "You are using your willpower right now, and quite forcefully, to resist me You use it to speak, stand, walk, eat, go to the

movies, and even sleep You want everything you do Without willpower, you become a robot" It is a person's duty to harmonize their will, governed by desires, with God's will Therefore, when the right prayer is offered consistently, it becomes a willpower in itself

You must believe in the possibility of obtaining what you pray for If you pray to own a house, and at the same time your mind says, "How can you afford a house, you fool?" you are weakening your will with such thinking When you banish the phrase "I can't" from your mind, you gain higher power Of course, houses don't fall from the sky, and to obtain a house, you must use willpower and take constructive actions to achieve your goal When you persevere and refuse to admit failure, you will be able to manifest what you aspire to And when you consistently use that willpower through your thoughts and actions, your desires will be fulfilled, and everything you long for and yearn for will come to you When you continue to strive with determination and persistence, the desired result will appear in some way, even if what you desire doesn't actually exist in this world In such willpower lies the divine answer, for good will comes from God Persevering will is a divine will

Burn the seeds of negative thoughts

A weak will is a feeble human will When trials and failures pierce and tear it apart, it loses its connection to the infinite Generator But behind the human will lies the divine will, which knows neither

discouragement nor defeat Even death, in all its might, cannot break or hinder the divine will God will surely answer that prayer driven by a will of unwavering determination and perseverance

Most people are lazy and lethargic, either physically, mentally, or both They desire to meditate but think only of sleep As soon as drowsiness overtakes them, they fall into a deep slumber, and that's the end of the prayer! In this state, willpower is buried The average person's brain is filled with the seeds of "I can't" Born into a family with certain characteristics and habits, they are influenced by these, becoming convinced that they are incapable of this or that These harmful seeds must be burned away and their influence eradicated from consciousness You have the power to achieve anything you desire That power lies at the very core of your will

Those who wish to cultivate willpower need good company If you aspire to become a great mathematician and your classmates dislike mathematics, your enthusiasm will undoubtedly wane But when you associate with accomplished mathematicians, your willpower will strengthen, and you will be able to say, "If others can succeed, so can I"

Don't rush into big things just to build your willpower To succeed, you must first test your willpower with small things you thought you couldn't do If you put in the effort, success will follow

I still remember all the goals my friends and others told me I'd never achieve, yet I did These well-intentioned people can cause great harm with their opinions May God protect us from them and their advice Companionship has the greatest influence on willpower Going to dances with alcohol and loud music, instead of meditating in the sanctuary of silence, pollutes the mind with the dust of worldly vibrations so thick that it's difficult to shake them off A person's willpower is inevitably strengthened or weakened by the influence of their companions Developing willpower through self-effort alone is extremely difficult You need a good example to emulate If you want to become a painter, live surrounded by good paintings and keep company with painters If you want to become a spiritual person, keep company with spiritual people of noble character

There is a significant difference between belief and experience Belief comes from things you have heard or read about and accepted as fundamental truths Experience, on the other hand, is what you have personally witnessed and truly understood The certainty of those who have experienced God is unwavering If you have never tasted an orange, you can be deceived about its properties But if you have eaten an orange before, you cannot be misled, because you have tasted the fruit and know it well

Seek the company of those who strengthen your faith

Ideas about God, success, healing, and so on, all reside in your mind like psychological capsules Try them To test your ideas, you must use your willpower to bring them to life To cultivate the necessary willpower, you must associate with people of strong will If you desire healing by God's will, seek the company of those who strengthen your faith and energize your will

I traversed the length and breadth of India seeking a true knower of God, but they were rare Every teacher I met shared their personal beliefs But in spiritual matters, I was determined not to be satisfied with mere words about God I wanted to experience Him and truly feel His presence What I was told was meaningless unless I grasped it through personal experience

Once, I was talking to a friend about the saints of India My friend was a broker, and he didn't share my enthusiasm Instead, he said, "All those you call saints are actually charlatans who don't know God" I didn't argue with him, but changed the subject, and we started talking about the brokerage profession After he told me a lot about it, I said gently, "Do you know that there isn't a single trustworthy broker in Calcutta, and that they're all liars?" He became furious and retorted angrily, "And what do you know about brokers?" I replied, "That's exactly what I meant And what do you know about saints?" He was speechless I continued calmly and kindly, "I don't know anything about

brokerage, and you don't know anything about saints"

The practice of religion has reached a point where many people can no longer translate their spiritual ideas into lived experience I speak here from personal experience I don't wish to speak only of things I know intellectually Most people read a few books about truth and become self-sufficient without making the necessary effort to grasp the truth behind the words The empty pronouncements and hollow pronouncements of spiritual truths are of no benefit to us and leave no positive impression We must distinguish between a person's sermons and their life story Anyone who wishes to teach others must first demonstrate that they have actually experienced what they are learning and have experientially understood what they are saying

(And I found man to be nothing but the product of his own efforts)

Whoever strives harder is more deserving of glory

With high ambition, he rises to the heights

The one with the highest aspirations was the most visible

Those who want progress do not delay

And he who wanted to be late did not come forward

Peace be upon you

Initiative and spirit of creativity

Looking at the countless and endless scenes of this world, at the multitudes of humanity rushing headlong through the stages of life, we are filled with wonder and ask ourselves about the secret behind this strange phenomenon What is the ultimate goal of our journey? And what is the best way to reach it?

Most of us drift aimlessly, without purpose or direction, like vehicles hurtling towards nothingness As we carelessly and recklessly navigate life's paths, we fail to grasp the purpose of our journey We rarely notice whether we are treading winding roads that lead nowhere, or a straight path that leads directly to our desired destination And how can we find our purpose if we have never even considered it?

Most people—despite not knowing the purpose of life—possess enough initiative to define and pursue their goals and to deal reasonably with their environment and circumstances And what is initiative? It is a creative capacity, a spark of the infinite Creator that exists within each of us

Most people's minds are like one-horsepower engines! Despite the immense potential within each human mind, very few utilize that untapped power People's interests are typically limited and

confined to the necessities of life such as eating, working, entertainment, sleeping, and the like

Psychologists say there is one key difference between humans and animals: of all creatures, humans are the only ones who laugh (perhaps with the exception of monkeys and snarling hyenas) Laughter is beneficial, and if one doesn't use this gift, one misses out on one of the most important aspects of human development We shouldn't be like those who view life with a rigid, serious outlook, neither laughing nor smiling, and as a result, never truly enjoying life

In addition to the unique human capacity for laughter, humans possess another extraordinary ability: one of the greatest of all, the capacity for creativity or innovation What is this mysterious, enigmatic ability? The West is the land of practical, industrial, and applied scientific innovation The East is the land of enlightenment and spiritual creativity Therefore, the spirit of initiative is the capacity for creativity—to do something that no one has done before, in innovative ways

The spirit of creativity is the creative ability derived from the Creator

What have people done with this sacred gift? How many truly try to use their creative potential? Weeks, months, and years have passed and continue to pass, and they remain unchanged, altered only by age The creative individual shines like a brilliant meteor hurtling through space,

creating something from nothing and making the impossible possible through the creative power of the higher spirit

There are three categories of creators:

There are exceptional, outstanding, and extraordinary categories; average categories; and ordinary categories And then there are hundreds and thousands who could be classified as nothing

Ask yourself this question: "Have I ever tried to do something that no one else has ever done before?"

That is the starting point in activating the spirit of initiative and unleashing latent creativity

Don't be like those who believe they are incapable of acting differently from the ordinary and familiar They are like sleepwalkers The suggestions they receive from their subconscious have convinced them that they are all of the same ilk

It is time for man to awaken himself from his state of ignorance and amazement and to affirm to himself that he possesses the greatest of human gifts: the spirit of creativity

Every human being possesses a spark of extraordinary potential, enabling them to create something unprecedented Unfortunately, humans are often under the magnetic influence of their environment and make no effort to break free from

its powerful pull If someone says, "There's no point in trying, it's already been done," they allow themselves to fall prey to a worldly consciousness that is devoid of willpower and discourages ambition This is why so many people fail in life

This also applies to the spiritual aspect There are many who remain unchanged throughout their lives Despite their dissatisfaction due to their narrow-mindedness and limited experience, they fear thinking differently from how they were raised A person must adapt themselves to life's trials according to the dictates of their conscience and the promptings of their heart, and not act blindly without discernment

My esteemed teacher, Sri Yuktswarji, told me:

"If you truly believe in God and desire anything, God will grant you that thing even if it doesn't actually exist in the universe"

I had that unwavering faith in God and in my own will, and I always found that new opportunities were being created for me to get the things I wanted

The creative potential within humanity remains dormant, undeveloped and unutilized This power is innate and inherent, present in every human being without exception, yet people fail to harness it So, how can this creative spirit be awakened?

If you haven't yet developed the creative thinking skills to forge your own path, you can try improving something someone else has done before The effort to improve upon others' innovations is the most common approach

The second or middle type of creative spirit is embodied in those who compose or invent new things, but without any significant importance

The extraordinary quality of a creative spirit is what allows its possessor to stand before the world in a radiant glow, like the great figures who brought forth new and beneficial things for the world, things no one had done before These exceptional geniuses possessed an indomitable creative spirit, supported by an unwavering will to achieve their goals Did God favor these great figures, granting them such distinctive greatness? Did divine will choose them to attain such glory above all others? Certainly not They simply used their creative gifts to manifest the greatness and glory that are the inheritance of every human being, for they are made in the image of God, the source of all creativity and innovation

Those who aspire to self-glory are not truly great Inflated with pride, vanity, and self-importance, they receive no support from God Those who love to give, who encourage others to unleash their potential, develop their abilities, and cultivate self-confidence are the truly great

Most of those who became great were unconsciously guided: they possessed a touch of greatness that served as the basic foundation upon which they built the edifice of their lives, becoming exceptional and excelling in a remarkable way in their field of creativity

If you possess the quality of greatness, it means that you have been subconsciously guided by the powers of the mind, whose ability enabled you to develop your creative energies by opening the latent channels in your soul and connecting them to the total consciousness, the source of all originality and creativity

Greatness can also be made, meaning it can be cultivated by developing one's talents and accelerating one's growth There is a way for a person to become great by acquiring this extraordinary, astonishing power By acting wisely and through proper training, one can nurture the spirit of creativity and unleash its potential Those who have exerted tremendous effort for a long time are the ones who now enjoy the realization of their hopes and the fulfillment of their dreams The dormant powers within must be unearthed, and hard work must be employed to overcome what seems difficult and insurmountable

The ambitious individual must be prepared to endure the world's harsh opinions and hurtful criticisms in order to achieve success in any field, whether material or intellectual One must also be wary of the discouraging opinions of those with

limited vision if one aspires to be original, creative, and innovative, and if one desires to think and speak differently, even slightly One's enthusiasm must be unwavering, never allowing boredom or apathy to enter its domain

Those with a wonderful creative spirit swallow all difficulties, problems and obstacles, believing deep down that they are right

With unwavering sincerity and steadfastness that defies wavering and backsliding, proceed with God’s blessing, knowing that the infinite creative power will take your hand and support you along the way

First, one must consciously touch the infinite power This blessed power is the source of all creativity and innovation Once this occurs, both the conscious and subconscious mind are filled with power and will

For years I feared losing the creative spirit I had cultivated within myself under harsh conditions and difficult trials But now I realize that the ultimate, infinite law resides within my soul That sacred law is the foundation of all science, art, and knowledge And if I am sustained by that divine support, it is impossible for me to fail

When you desire to create something amazing and wonderful, sit quietly and meditate deeply until you feel that infinite, creative power residing within you Try doing something new But always be

certain that your efforts are supported by the greatest element of creativity in existence, that this blessed element is behind everything you do, and that it will fulfill your hopes and crown your endeavors with success

God Almighty wants us to be guided by the boundless creative power of the divine spirit People have blocked the wellspring of creative power within their souls through apathy and indolence, and they must remove all obstacles and debris that prevent the holy waters from flowing freely in every direction They must possess unwavering resolve and an active will to do good, and then dreams will be realized and noble aspirations will be brought to fruition

Most people are content to merely regurgitate the ideas of others and rarely come up with a single original thought It's good to benefit from the good ideas of others, but it is the duty of every person to add something new, whether intellectual or material, to the world's heritage and enrich the treasury of human knowledge Each person possesses unique qualities and deep-seated abilities waiting to be discovered and activated

At first, I hesitated to become a teacher The commitment is serious and the responsibilities are enormous A teacher must be a shock absorber because the moment he becomes agitated and confused, he cannot help those who seek his help

A true teacher must love and serve everyone, understand humanity, and know God When my mentor, Seri Yokstuargi, told me that my role in this life was that of a spiritual teacher, I turned to God, put my trust in Him, and prayed for His help and guidance

When I began giving lectures, I made it my intention that my lectures would not be derived from books and theoretical knowledge, but from inner inspiration and personal experience, knowing full well that the creative power whose source never runs dry and whose flow never ceases lies behind my thoughts and words

That power has also been used in many areas to help others in their work and in various other ways

I did not say, "Lord, do it for me"

Rather, I said: “O Lord, I want to do this, but only with Your guidance and blessings I beseech You to inspire me and take me by the hand”

You can do small things in an exceptionally unique way You can be the best in your field We shouldn't always follow well-trodden paths; we should forge new ones for ourselves and others A person can do something no one else has done before—something that captures minds and dazzles the world

You can prove that the creative divine spirit resides within you and works through you The past

is gone and is now history Even if your mistakes were as deep as the sea, the essence of the soul is too strong to be swallowed up by them But this truth is meaningless if a person persists in their flawed thinking and misguided actions without making a serious attempt to correct their course and reform themselves

But we urge sincere and serious aspirants to have the firm resolve and unwavering determination to proceed on the path without allowing past mistakes to hinder progress or limited ideas to shackle the will

Life may become bleak and the atmosphere gloomy; difficulties may arise and opportunities may slip away unnoticed But beware of admitting failure or saying to yourself, "It's all over for me, God has abandoned me" Because if you do, you will destroy yourself, and no one will be able to help you then

Your family may reject you, good fortune may abandon you, friends may leave you, and the forces of humanity and nature may conspire against you But as long as you possess faith in God and a strong will, you can repel the attacks of fate and stand against difficulties like a solid rock against which the raging waves break, and walk with a steady step and head held high, as befits noble men and women

Even if you are defeated a hundred times, try again and resolve that you will overcome the

difficulties and win the crown of glory Disappointment is not permanent, and frustration is a temporary test God wants you to be victorious and invincible, and for the full power within you to emerge, so that you can fulfill your noble role on the stage of life Be optimistic, and you will find good, and remember, "Indeed, with hardship comes ease"

Have faith in God and hope for His blessings

For after the darkest night comes dawn and radiance

But how will you find the role that suits you in life? If everyone wanted to be kings and presidents, who would be the servants and attendants? The role of the king and the role of the servant are equally important in the play as long as the actors perform their roles successfully

And for this reason, we came into this world with unique differences, desires, and inclinations toward various pursuits and hobbies God intended this world to be a cosmic stage for our entertainment while we are away from our heavenly home But we forget the plan of the divine director and orchestrator of this stage and wish to play our roles according to what we deem appropriate, not as God wills This is why this chaos ensues, with disorder and turmoil spreading throughout the world

People fail on the stage of life because they try to play roles different from those originally intended for them Sometimes, a clown attracts more attention and admiration than a king So, no matter how insignificant your role may seem, perform it to the best of your ability and with a clear conscience, and in God's eyes, you will be among the successful

God intends good for us If the roles we play are sad or tragic, we should not rebel against life but rather strengthen our faith in God (And in this regard, the Prophet, peace be upon him, said:)

"God does not send down a disease without also sending down its cure So meet affliction with supplication"

(O soul, do not despair because of a great hardship)

And I am certain of relief from the Creator, the God of all creation

How many hardships have come and gone, then passed away?

After its impact on money and lives)
Spiritual Symphonies
Sayings, poems, advice and affirmations
Master



We must learn altruism, for finding happiness by making others happy is the true goal of all lovers of God, believers in Him

Bringing happiness to others is a wonderful and very important thing for achieving our own happiness, and it is in itself a rewarding act

Some people think only of themselves, saying, "All that matters to me is being happy" But unfortunately, it is such people who never find happiness

It is not advisable to seek personal happiness while ignoring the happiness and well-being of others

He who recklessly steals the livelihood of others may become rich, but he will not be happy, because the resentment of others towards him will be more deadly than deadly poison

Divine law dictates the following:

When someone tries to live comfortably at the expense of others, those others will try to make their life miserable But if they try to make others happy, even at the expense of their own, others will think of their well-being and happiness When we think about our own essential needs, we should also think about the needs of others And when we

show concern for them, we will wish them well and happiness

The altruistic person lives in harmony with their family and the world around them The selfish person, on the other hand, constantly encounters problems, stumbles, and loses peace of mind

When you realize that God is peace within you, you will realize that He is peace and harmony in all good things in creation, and you will see Him in the beauty of nature, feel His closeness in sincere friendship, and sense His blessings in noble aspirations and honorable purposes free from selfish aims You will feel His presence behind the veils of silence and in all wonderful things

Knock earnestly on the door and the veil will be lifted and you will see the most glorious face in all its splendor and magnificence

If you love God, you will feel His love and nothing else will be able to deceive you

You are drawn to material experiences because you have not tasted spiritual happiness, and when you do taste it you will know the difference

Be free to choose Don't let anything restrict you, and don't allow anyone to control you or interfere with your happiness

Your self is a separate part of the cosmic whole and you must find that perfect whole in order to experience blissful consciousness and taste the delights of divine love

Most people are unable to create the necessary balance between their practical and spiritual lives

The spiritual person needs money, and the worldly person cannot live happily without God

The spiritualist works, and his unspoken words say: God gives me strength and provides me with determination, so he increases in strength and God blesses his efforts

The worldly person also works, but he says: I am the one who does all this on my own, and no one has any favor over me, so he brings unexpected results on himself and falls into dangers

All practical activities, whether for material or spiritual purposes, must be based on sound principles and subject to the control of conscience and the balance of reason

Turn to God, remember Him, and make Him the center of your life Call upon Him and pray until He guides you and shows you how His laws work Remember that meditating on God and feeling His presence is better than a million analyses and explanations Tell Him that you cannot solve your problems on your own, even if you think of a trillion ideas, but that solutions are possible if you place them in His hands Ask for guidance first, and then consider it from multiple perspectives to find a suitable solution God helps those who help themselves When your mind becomes calm and filled with faith after praying to God in meditation,

you will be able to see the right solution to your problem with God's help and guidance

When a person's belief in spiritual truths and possibilities transforms into actual knowledge, that person becomes more successful and knowledgeable than all the scholars on earth Great people who have come to know God are not confused or plagued by doubts because they experience the Truth, which is God

O Lord, when I was blind, I could find no door leading to You You have healed my eyes, and now I discover doors wide open everywhere—in the hearts of flowers, in the voices of friends, and in the memories of noble and beloved trials Every breath of my prayer opens a new passage to the temple of Your all-encompassing presence

My consciousness is no longer confined to a small physical bottle sealed with a cork of ignorance I no longer walk in the middle of your cosmic sea without touching the sea waters I no longer remain dormant in you, O Lord, without recognizing you or sensing your presence My entire being is now immersed in your total presence

If you align all your actions with God and follow the laws of virtue, you will not fail or go astray Remember that divine love helps to forgive many sins If you truly feel love for God—not just emotion, but genuine love—you will be set free

We must not supplicate to God with dry hearts and wandering thoughts, for lukewarm pleas are insufficient to elicit a divine response That

response is achieved through fervent, heartfelt prayer emanating from the very depths of the heart

Unless a person brings God into their life and creates an effective balance, problems will come to them no matter what their lifestyle is

O Lord, when I successfully pass the tests and trials of life, I will realize that I am a bird of paradise that praises and sings of Your infinite wonders and that my spiritual being permeates every atom of existence

I have awakened and expanded my little love to blend with the spirit of universal love in which all that exists lives and moves

By helping others succeed, I achieve growth and prosperity for myself, and in the prosperity and well-being of others I find my happiness

Scientists once thought water was a single element, but experiments proved that two invisible elements, hydrogen and oxygen, combine to form the compound water Similarly, there are astonishing truths that can be grasped through spiritual experience When we sit quietly in meditation and our thoughts turn inward, we directly experience the divine presence, and this is wonderful because the results are not external but internal

As the sun's rays spread, I will spread rays of hope in the hearts of the poor and the abandoned, and light lamps of determination and self-confidence in the hearts of those who think they are failures

In the stillness of the night and the depths of silence, in the groves of consciousness and far from the grasp of the senses, commune with the Divine Beloved with profound longing Think of Him constantly and speak to Him in the language of the heart and soul And when you surrender your heart to Him, all the veils that conceal Him from you will be torn away, and fears and illusions will vanish, leaving only His light and His greatest joy

Many believe that God's kingdom lies in some corner of space, far removed from the polluted vapors of Earth, charged with the vibrations of sin and transgression They forget that the vast realms of the spirit are very near When those who have advanced spiritually close their eyes, the dimensional Earth and its tangible, perceptible matter vanish, while the dimensions of eternity appear in infinite visions before their inner sight

The time saved by technology should be invested in studying life more deeply Practical activities and money are means to achieve well-being, but one should not be deceived by material possessions or allow blind greed to deprive them of the joy of living

I used the pickaxe of will and the hoe of determination, digging into the soil of consciousness, and discovered the wellspring of life force I realized that I am one with cosmic energy I am not the body, but the celestial charge of electricity that permeates the body

Lord, I realize I have a precious opportunity to discover the treasures of the soul hidden in the

depths of the ocean of consciousness I will replace earthly attachments with spiritual orientations, and I will spur my will and energy to achieve the purpose of life, confident that You will always help and inspire me to do what is right

We must not allow this world to control or dictate to us, and we must not forget that nothing is real and permanent except God, and that true happiness lies in our own experiences with Him

In the sanctuary of meditation, I light two candles: the candle of dawn and the candle of my wakefulness

Wonderful garlands of my warm longing encircle the feet of your total presence

Your fragrance, emanating from the flowers of love in the pot of my heart, permeates every corner of my life

The shadows of my fears and illusions have vanished simply because of the brilliance of Your light, O God, which has awakened me forever from the dreams of mortal existence

With constant vigilance and with languid eyes, I will gaze without ceasing at your infinite face, contemplating its features and the sweet expressions that never repeat!

The dance of life and death is ever-present, but I will liberate myself forever by reclaiming my spiritual essence And when storms rage around me and trials confront me, I will sail my boat across the river of life to the divine shore

When hardships and calamities come, I will strengthen my resolve and sharpen my will to

overcome them And as long as I treat others kindly, God will grant me strength, wisdom, and sound judgment

Knowing God is the first and most important need in life because it brings peace to the soul and tranquility to the heart God is the healing balm for all our pain and troubles, the solution to all our problems, and the fulfillment of all our needs The things our hearts yearn for—love, fame, wisdom, and abundance—we find all of these in God, the source of all goodness and blessing

All experiences are measured by the ability to accept and comprehend, so I will accelerate my development by consciously intensifying all my experiences with the power of focus

I feel you in the depths of my thoughts, I sense your presence in my deepest feelings, and I see you blossoming in the garden of my love

Fill me with the fragrance of your presence, so that I may revel in your blessed aroma

Come to me from beyond the heavens, the stars, thoughts, and feelings Show me your most sacred face and let me perceive your presence in my soul, around me, and everywhere

I have searched for you throughout the ages and eras, on the paths of desires and ambitions, and now I realize that you dwell within my soul and inspire my most sacred feelings

Do not hide from me any longer behind the flowers of feelings, thoughts, and the pulse of the soul

Adorn my soul with the jewels of Your wisdom, and breathe into me the breezes of Your bliss, and remove from me the darkness that has veiled You from my sight and my insight

O You who are beyond the stars and the blue sky, and beyond the layers of the atmosphere and all beings and existences accept the whispers of my love and immerse my being with Your love, Your light and Your peace

The way of life is as follows: on one side there is the dark valley of ignorance, and on the other side there is the eternal light of wisdom

The obstacles to spiritual growth are selfishness, pride, greed, anger, and so on These dark qualities lead or push a person into a deeper ignorance than they already possess

However, conformity with the divine will leads to liberation and grants the happiness that man seeks outside himself, even though it exists within him

The sun of favorable opportunities may not shine on my path, and the path may be deserted, gloomy, and full of trials and tribulations, yet I will do my utmost to face the challenges and emerge from the darkness of the dilemmas, knowing in my heart that the divine light will guide me and shine brightly on my path

All my strength is borrowed from You, Lord, and my life has no value or existence without Your wisdom and power How great You are, and how small I am!

We don't always have reason to be proud of ourselves as human beings, yet we shouldn't let our mistakes discourage us We should always look on the bright side of our trials, learn from our errors, and turn to God no matter what happens to us

Since God is the only perfection in existence, I will try to examine wisdom in ignorance, to find wellness amidst weakness, and to feel tranquility amidst confusion

God is in my soul and around me, guarding and watching over me, so I will dispel the clouds of fear that obscure the radiance of His guiding light on the horizon of my life

Lord, let me not harshly criticize my friends But if they seek my counsel to improve themselves, let me offer humble suggestions based on Your guidance and inspiration With gentleness and love, free from coercion and compulsion, help me to lead those who stumble to You Guide my understanding and strength so that I may transform darkened natures into enlightened disciples who reflect the light of Your wisdom

Today I will plant the seeds of wisdom, health, prosperity and happiness in the garden of my life and I will thank God when the wish of my heart comes true

I will cleanse my mind by thinking that God directs every one of my activities

Today I will work to demonstrate peace and balance in my life through my thoughts, words,

and actions, and I will focus all my strength and will to achieve harmony with the divine will

O You who reign on the throne of our hearts, united in Your love, accept our longings and the yearning of our souls Bless us all, remove the obstacles from our path, and dispel the darkness of ignorance from within us

May your guiding light shine upon our paths Awaken our minds and gladden us with your nearness, and let us feel that you are always with us

Be honest with yourself The world isn't honest with you because it loves hypocrisy When you're honest with yourself, you'll find the path to inner peace

Live only in the present, not in the future Do your best today and don't worry about tomorrow

Lord, all the material goals that man strives to achieve bring him only partial joy, even if they are all crowned with success But by finding You, Lord, I will find the source of complete and lasting happiness

Material things that provide pleasure remain outside of thought; they, along with the pleasures they offer, find entry into thought through illusion and imagination

As for pure joy, which is the essence of our souls, it can be obtained through harmonious thinking, and it is close to us and within our reach

When the external causes of sensory pleasure disappear, the temporary happiness that comes from them disappears with them, but the inner joy

of the soul does not vanish if a person knows how to harmonize with it, or if the person does not deliberately confine his thoughts to volatile material things and thus become unhappy

The joy of the soul, which is the bliss of God, is ever-renewing and everlasting

Today I will ask for peace and happiness within myself, and I will keep the fortress of my wisdom guarded by will, peace, and love, and I will thank God and raise to Him the gratitude of my soul and the renewed longings of my heart

What I lose in the world will not be a loss for my soul

I will always look with trust and faith to the divine star of guidance that never sets in the sky of my life

O Lord, bless our thoughts so that they may remind us of Your bliss, bless our feelings so that they may sense Your love, bless our desires so that they may yearn for what pleases You, bless our ambitions so that they may motivate us to pursue all that is good and noble, and let us realize that You are the ultimate happiness for which our hearts yearn and our souls seek

I know that my thoughts will bring me either failure or success, depending on which idea is strongest in my mind Therefore, I will do my best to remember that God is with me, helping and inspiring me to think clearly

O Lord, in the mirror of stillness I see every day the face of peace, your face and every day I

will work to awaken your love and peace in some hearts

O cosmic mother, I will pluck the stars from the gardens of night and offer them as a gift of love to you Whenever I gaze upon your radiant face in the full moon, your tender smiles dispel my worries and wash away my sorrows

to be sure:

I will banish ignorance and get rid of flawed concepts, and I will rise from the cellar of narrow horizons and limited perspectives to the freedom of love and human compassion

God's presence is most evident in those with kind hearts and spiritual inclinations who love Him and never forget Him When storms rage and waves of hardship surge, they can steer the boat of their lives to the safe shores of divine protection

I possess the power of the creative spirit and am in contact with the universal mind, and I know that God guides me and helps me solve all matters and problems

O my beloved God, with open eyes and with the eye of my mind I will see You, and I will worship You with all longing and devotion, and I will think of You while performing my duties, and I will call upon You with the language of the heart and the whisper of the soul

It may be in a person's nature to fear illness or to believe they will never recover In this case, they should adopt healthy lifestyle habits that lead to physical and moral well-being, and they should also pray for greater faith in God's healing power If

they believe they are a failure and cannot succeed in any field, they should ensure they exert every effort to achieve the success they aspire to

Interacting and communicating with those who love God nourishes our longings, soothes our hearts, and raises our level of awareness

Self-decision

Today I will think about God who gave me life, because focusing on material things while completely ignoring God will only bring material misery and spiritual unhappiness

to be sure:

Today I will help myself so that I may make the best use of the powers that God has bestowed upon me, and I will ask God to help me, bless my efforts, and grant them success

When human will is guided by error, it deceives and misleads us; but when guided by wisdom, it aligns us with the divine will Often, human will clashes with divine purposes, causing us to lose the spiritual guidance that helps us avoid falling into the abyss of suffering and the pitfalls of misery

I will employ every ability I possess or talent I have in doing everything that pleases God and serves humanity

Incomplete knowledge is dangerous, for it can lead the seeker to become arrogant and self-sufficient, halting the serious search and the deep dive into the soul Only those free from feelings of self-importance increase in grace and spirituality until they attain closeness to God Indeed, sincere

worshippers are free from vanity and far removed from pride and pretense

When a person knows himself and touches his spiritual essence, he feels an inner joy that accompanies him in all life experiences and under all circumstances

Today I will awaken the spirit of initiative and activate the ability to achieve, knowing that the source of all creative forces and the wellspring of all knowledge is always with me

I realize that God's power is unlimited and that He has given me the strength to overcome the difficulties of life that I face and to get through all the obstacles that stand in my way

It is time for us to turn our hearts and minds to God so that we may eventually reach our heavenly home where we find rest from worries and freedom from pain

We reach out to receive God’s gifts of life, sunshine, food, and all His other blessings, but despite His abundant favors that He bestows upon us, how few remember Him!

O God of universal law, let me wear my scars, born of calamities, as worthy badges from the blessed hands of Your justice

May my daily hardships act as an antidote to illusions and rid me of the expectation of obtaining lasting worldly happiness

I wish the tears I shed because of the cruelty of others would wash away some of the hidden impurities from my mind

I wish every sharp blow from the pickaxes of disturbance would open new depths within me

Divine longing should be like a deep-sea probe that plunges into the ocean of spiritual perceptions Those whose inner vision has been opened through contemplation feel God's presence in their hearts

Lord, help me to transform my awareness from limitations and weak thoughts to the certain knowledge that You are always with me, supporting me and inspiring me with beautiful thoughts and sublime perceptions

Lord, help me to transform my awareness from limitations and weak thoughts to the certain knowledge that You are always with me, supporting me and inspiring me with beautiful thoughts and sublime perceptions

Let me remember you, Lord - equally - in hardship and ease, in sickness and health, in ignorance and wisdom

I will keep the memory of my love for God and my longing for Him forever ablaze, so that in that radiance I may glimpse His supremely beautiful face

When the smile on the face is in perfect harmony with the smile in the heart, the smile of the soul shines

O my beloved God, I will worship you in the morning of wakefulness, in the afternoon of activity, in the twilight of advanced age, and in the night of final farewell

With the touches of my inner senses, today I will tune my spiritual radio to the frequencies of

cosmic broadcasting to get rid of the noise of anxiety and listen to the hymn of divine love

Even the most devout sometimes think that God does not answer their prayers, but He does answer silently and according to spiritual law Prayer must be sincere, intention pure, and purposeful in order to receive a blessed response

Lord, let me offer the balm of peace to aching hearts, that they may find sweet comfort in You Make me a sudden ray of sunshine for all sorrowful souls, a life-giving rain for parched minds, and a gift of kindness to those who are mistreated

A successful start towards happiness requires a correct way of life, sound thinking, spiritual orientation, and deep faith in God

A life devoid of spiritual joy is a dull life, lacking luster, and its burdens are exhausting and heavy

Get away from the noise and bustle of the world whenever you can, and seek out quiet places where you can be alone and think about God

Wherever the darkness of misunderstanding and discord lingers, there I will spread the light of my love and peace

This world is strange, as everything in it is subject to change and transformation, and for this reason, a person should not anchor the boat of his happiness on the shores of this world

We live in an amazing world Those whose only purpose in life is to eat, drink, enjoy themselves, and sleep have no real idea of the wonders of human life

O Lord, direct the streams of our joys so that they do not lose themselves in the sands of short-term sensual pleasures

Do not allow our streams of compassion to run dry and evaporate in the barren deserts of selfishness

Let the channels of our emotions mingle with the boundless lake of your love

May the rivers of our lives widen and their water level rise with the abundant rains of Your blessings, and may they cross the vast plains of empathy, sacrifice, and consideration for the feelings of others, so that they may finally flow - pure and clear - into Your blessed sea

Whoever prays for success and at the same time says to himself, “I don’t think I will succeed,” will not succeed

Prayer must be offered with fervent faith and a humble heart so that divine lights may shine and heavenly blessings may descend

Just as it is impossible to speak through a broken telephone, so it is impossible for a person to effectively broadcast his prayers through a mental device that has been disabled by the hammers of anxiety, worries, discontent, and attachment to fleeting things

With deep tranquility and quiet harmony with refined, constructive vibrations, the mental apparatus can be repaired and calibrated so that its spiritual reception power is multiplied, and thus it becomes possible to transmit heartfelt messages to God efficiently and effectively and obtain a

blessed response from the All-Hearing, the Responsive

Swim and float in the boundless ocean of peace and happiness beyond dreams within yourself

O Supreme Creator

The shining stars in the sky, the mountains, and the sun's furnace ablaze with flames are some of the expressions and manifestations of your total presence

It is easy to find God through constant contemplation of Him, a sincere desire to know Him, and heartfelt supplication to Him He is the greatest treasure worthy of being sought and explored in the mine of the soul

When the matchstick of burning longing is struck against the wall of the yearning soul, the flame of divine love is born in the heart of the seeker

O Lord, beautiful things are beautiful because they borrowed beauty from Your beauty, which is immeasurably more beautiful than all visible beauty, whether in nature or among people

It is wonderful to love God and to love His servants When we find Him, we feel His love in everyone There is no power greater than the power of love in the universe

When two or more people become lifelong friends, it is an expression of pure love or a friendship of the soul

Lord, grant me the joy of being close to You so that I may share with everyone that greatest joy,

and let me see Your light, the sight of which heals the heart and dispels the shadow of worries

Let my beloved bird escape from the cage of self-imposed restrictions and soar in the realm of freedom, singing the anthem of the soul, whose echo resonates with all loving hearts and harmonious minds

May the breezes of our spiritual perceptions carry the fragrance of our supplications and the perfume of our growing longings for You, O Lord

When I wanted something, I was happy when I got it, and I was happy again when I gave it to someone else

God does not respond to lukewarm prayers, but He certainly comes to those who implore Him deeply and sincerely and call upon Him with hearts overflowing with faith

The positive rules to follow are kindness, sincerity, honesty, love for others, examining intentions, and self-control

O Lord, open the buds of our hearts and let the fragrance of love stored in our hearts soar on the wings of longing to meet You

Send, O Lord, the rays of the sun of Your wisdom to guide me in the days of my joyful accomplishments, and the light of the moon of Your mercy whenever I walk through the dark nights of sorrow

The fragrant, blossoming ideas grow and unfold from the seeds of heartfelt supplications and are watered by the dew of refreshing contemplative feelings

When we forget the small self by exchanging friendly services, our consciousness will expand and we will see the one great self working through us

True friendship is the light by which we can help each other on the paths of life

I see a lot of cruelty, harshness, and disregard for feelings in this world, and I find no justification for adding to those behaviors If I did, I would harm myself

Sail your contemplative boat over the turbulent waters of mental confusion and sensory distractions

Sadness multiplies sadness, and the most effective remedy for sadness is to touch the divine presence that comforts the soul and gladdens the mind

O Divine Physician, drive away sickness from our bodies, broaden the horizons of our minds and free them from weakness and frailty, and dispel the darkness from our souls with the radiant light of Your presence

The path to God is paved with truthfulness, sincerity, steadfastness, perseverance, focus, love, longing, determination, and faith

When human methods prove inadequate and ineffective, we must turn to God Almighty and ask for His help

I am the only one responsible for my actions and behavior because no one else will be questioned or held accountable for them

When the sun of divine grace shines on the horizon of our lives, blessings abound and limitations disappear

From the well of silence, I will draw forth the pure, clear waters of divine wisdom to quench my spiritual thirst

I disconnected the wires of my mind from the narrow, small area of the senses and connected them to the world of infinite spiritual perceptions, and I realized that I live by the light of God that has enveloped me and permeated every atom of my being, and my soul has been filled with the love and peace of God

In the mirror of spiritual tranquility, I will see the face of God

O Lord, reveal to me the secret of my existence, and help me to feel Your constant presence within me and around me

From today I will strive to get to know God without neglecting my worldly duties, which I already perform to please Him

Every day I watered the seeds that God planted in the soil of my soul, and when the sun of His mercy shone upon them, the seeds sprouted, grew, and bore a blessed harvest of contentment and satisfaction

Once, one of God’s men was bathing in the river when another man came and began washing his horse near that righteous man, deliberately and carelessly splashing him with water The saint’s disciples became agitated and wanted to strike the

aggressor and drive him away, but their teacher told them not to do that, but to leave him alone

Suddenly, the horse kicked its owner, breaking and knocking out several of his teeth The good man lovingly approached him and began to care for and heal him It was the strict law of nature, not the saint, that punished the sinner

God and His universal laws work tirelessly and constantly to remove injustice from all those who trust in God, seek His help, and assist and encourage one another on the paths of life

I realize that my work in this world leads to self-growth as long as I strive to explore all available possibilities and benefit from them

Peace is a sign of spirituality Therefore, I will measure my spirituality by the amount of peace I feel within myself

Lord, let me realize that Your wisdom sustains my understanding, and that Your omnipresence pervades my life

to be sure:

By maintaining my health and vitality, and by adhering to moral values, I help humanity through my lifestyle

When I was blind, I could not find a single door that led to you, but now that you have opened my eyes, I find doors everywhere

With the dawn of your radiant appearance, the roses of my longing will bloom in the garden of my heart, and I will weave a wreath from those roses and place it on your blessed threshold

O Lord, as the rays of Your love shine into my spiritual space, the fog of ignorance dissipates and the clouds of uncertainty vanish

O fountain of light, you are hidden behind walls of cosmic rays Open the window of my vision so that I may see you manifest everywhere

I will ask for safety and security first and foremost and at all times by constantly thinking that I am always under divine protection

My beloved God, if I stray from the right path, take my hand and guide me back to it If I am failing, help me achieve success And above all, if I am ignorant, help me acquire wisdom

Making a firm decision to be happy will help you Don't wait for circumstances to change, imagining that your troubles lie there And don't let unhappiness become a habitual part of your life, lest it negatively affect you and those around you If you are happy, it is a blessing for you and others; if you possess happiness, you possess everything, and your happiness means you are in harmony with God

What we did yesterday determined the nature of our present days, and the actions of our present will determine what our tomorrow will be like

Ignorance must first be eradicated from within us, and its presence will then disappear from outside us

All fleeting pleasures and temporary ambitions I use as a bundle of sticks to kindle the eternal flame of divine knowledge

God will reveal Himself to me if my thinking about Him is stronger than the intrusive thoughts and all mental distractions

I will fill my heart with the whispering waves of the soul, and I will pour the refreshing, radiant water of longing into the cups of thirsty souls

The wave must feel the touch of the vast ocean that supports it I feel the all-encompassing ocean of the spirit in whose infinite depths my consciousness floats

I will make an effort to find out the truth hidden behind the masks that conceal it, then I will not be at the mercy of external forces

I believe that help will come when it is most needed, for divine law works effectively

What is the meaning of life if it is devoid of difficulties that we face and challenges that we confront?

In a moment tinged with sadness and shrouded in despair, I heard your voice whisper:

My protective sun shines equally on the brightest and darkest hours of your life Believe, smile, and let my healing light shine through the transparency of your smiles

O Lord, unite our hearts in the temple of divine love where Your supreme presence shines forth in all its glory and splendor

Let us realize that you are the only goal we strive to reach Do not forget us even if we forget you, and remember us even if we do not remember you

Our longing for you may come and go, shine and fade, but you remain true to the covenant forever, O kind and loving one

Accept the longing of our souls and the love of our hearts, O Lord

I cast my net of love into the ocean of consciousness and caught a precious catch

I ask you, Lord, that the light of my soul may mingle with your greater light and that my heart may beat with your divine love, so that I may spread your light and love in all harmonious souls

Today I will dedicate time to being with God, ignoring futile thoughts and rejecting false illusions

The rays of joy that fill the sky of my tranquility herald your blessed arrival Whether you reveal yourself now or later, I am certain to meet you one day, you whom my heart loves and my soul yearns for

There are two types of environments: an internal environment and an external environment I will protect myself from negative influences and strive for truth and righteousness

I realize that there is more good than evil in this world because God is the greatest power in existence

design:

Every day I will be active on both the mental and physical levels, for mental stagnation and physical inactivity are both detrimental to spiritual progress

O my beloved God, open for me that eye which sees nothing in existence but You, and

perceives nothing in all beauty but Your most glorious beauty

We were deceived by the fleeting hunter of earthly existence, as we floated in shallow, shallow waters of false security and safety, a net of deadly ignorance closed in on us

O All-Merciful One, deliver us from the dangerous web of worldly desires and ambitions, and help us to delve into the tranquil depths of divine communion so that we may be saved forever from the nets of illusion and the traps of deception

I feel my being surrounded by an aura of God’s light, where there is tranquility, peace, and spiritual joy

I will wash away the mire of ignorance so that the pure light of the spirit may shine through me

Someone may be failing materially, morally, and spiritually, yet if they redouble their efforts and affirm that divine light shines upon them, they will feel closer to God and their circumstances will improve God answers sincere prayers and positive thinking, and this is an effective way to overcome obstacles to success

Before a person acts, they have free will, but after the act, the consequences will follow, whether they like it or not; this is the law of karma Therefore, it is wise to think before acting

Those who desire peace and to taste divine sweetness must pay the price, and that price is dedicating the necessary time to cultivating tranquility and creating peace The most effective

way to overcome stress is to harmonize with inner peace, joy, and serenity

Lord, my hands work for you You have assigned me a role to play in this world, and everything I do I do in your honor

When we surrender our lives to God, we find that life transforms into a beautiful symphony And if we try to feel God's presence while performing all our tasks, we will find that He chooses specific duties for us each day and helps us to accomplish them

In showing the merits of the spirit lies the only way to live in peace Within us is the power to transform home into paradise

I will conquer pride with humility, hatred with love, excitement with calmness, selfishness with altruism, evil with good, ignorance with knowledge, and anxiety with the peace of thinking about and meditating on God

All our actions should be guided by the inner voice of spiritual consciousness

It is better to simplify our lives I have seen enlightened people, frugal in their food, living in meticulous conditions, yet possessing bodies brimming with activity and vitality, because they have trained their minds not to rely entirely on external sources of health and contentment

Fly the plane of tranquility over the highest peaks of wisdom, and roam the land of eternal beauty and renewed happiness

Keep me away from evil, O Lord, and bless me so that I may not hear evil, nor see evil, nor speak

evil, nor breathe evil, nor touch evil, nor harbor evil, nor think evil

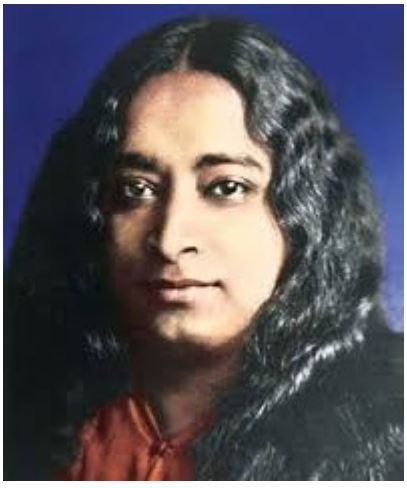
Be with us every day, Lord, so that we may accomplish our duties with contented souls and hearts perfumed by Your holy presence

We turn to spiritual teachings because we want to be free from our suffering Worldly methods and approaches are not the solution God is the solution It is time for humanity to awaken and dispel the darkness of ignorance with the light of wisdom The greatest thing in life is to live in the sanctuary of a clear conscience

Almost everyone feels that they are not making spiritual progress, that is, that they are not changing or improving despite their efforts Many factors can hinder our progress, and it is our duty to look at life objectively, critically, and analytically to identify these factors and learn how to address and overcome them

Whoever gives psychological and material assistance to others and whose heart overflows with kindness and compassion will find that what he gives comes back to him

The Wishing Tree What Has Been Achieved?



Long ago, a devout hermit lived in a certain country and spent many years traveling between the mountains in search of a rare tree called the Wishing Tree

Legend says that these wondrous trees were planted by the nymphs of Paradise and are found only by ascetics as a reward for their rigorous practice of strict spiritual disciplines It is said that these trees have the power to grant the wishes and desires of anyone who sits beneath their branches

This hermit felt deep down that he deserved to find that tree thanks to his tireless efforts, his voluntary embrace of hardship, and his adherence to the strict discipline he had set for himself But despite all these activities and exercises, there were lessons he had yet to learn While he did desire enlightenment, he also harbored other, less significant desires

Among those desires was the longing to find the Wishing Tree The rugged mountain paths had worn down his bare feet in his relentless search for the object of his heart's desire and the fulfillment of his deepest longings His inner feeling constantly assured him that his wish would be granted, and that the tree awaited him as a natural reward for his spiritual efforts, which surpassed the capacity and endurance of an ordinary person

Our friend was right in his intuition In one of the valleys in the high mountains, he found a tree with broad leaves, and he immediately knew with

his insight that it was the treasure he had always sought and longed to find

Eagerly and immediately, he approached the welcoming branches of the tree and sat beneath it To experience the extraordinary powers of this unique tree, he closed his eyes and said to himself, "If this is truly a wishing tree, then let it become a strong fortress for me!"

No sooner had the thought passed through his mind than a magnificent palace appeared beside the tree, surrounded by lush gardens filled with fresh roses, fragrant basil, and towering trees

He rejoiced at this miracle and was overcome with the ecstasy of achieving his dearest wish, for he had finally found the tree he had always sought He did not wait long before expressing his next wish, saying: "I want to see around me a choir of maidens presenting me with the finest and most delicious foods on golden platters and serving me drinks that are more delightful than silver pitchers in goblets that shine like glowing gold"

In the blink of an eye, his wish was fulfilled, as he found before him a table laden with all manner of delicious things served on golden plates, and beautiful maidens offering him a variety of food and drink befitting kings and princes

Realizing that the new castle and its surrounding gardens and orchards needed security and protection, he asked the tree to materialize into a mighty army to safeguard him and his new treasures Immediately, a large army appeared and encamped near the castle, while fully equipped

guards stood at the palace gates to provide the necessary protection

After enjoying the lavish and extravagant banquet, he began to inspect his new palace He ascended the polished marble staircase and strolled through the jewel-encrusted chambers of dazzling brilliance

Finally, our fortunate hermit grew tired of walking and sought peace and rest in one of the ground-floor rooms The low windows of that room were shaded by the long branches of the glorious Wishing Tree

As he lay down on a bed near the window, he noticed that the thick branches of the wishing tree blocked the light, and he felt lonely, a creeping fear into his heart The silence was broken only by a few sounds, and he wondered if they were coming from the garden or from the wild animals of the forest that roamed freely beyond the palace walls

As his anxiety grew, a powerful thought invaded his mind, and he said to himself: "It is true that there is a mighty army here to protect me, but I do not see a single soldier standing near this window, and the window is not protected by a net of iron bars What if a tiger from the forest manages to enter through the window? In that case, it will devour me, and that will be the end for me"

No sooner had that thought of fear crossed his mind than a ferocious tiger pounced from the window, grabbed the terrified hermit, and set off (to devour him)

Unfortunately, the hermit did not realize that the Wishing Tree did not distinguish between good and bad thoughts Its purpose was to fulfill the thoughts stirring in the hearts of those who harbored them Indeed, the Wishing Tree embodied the hermit's powerful mental image, and that was his final wish

Every person lives under the magical wishing tree that grants all their desires That tree is willpower

Whoever has not yet mastered the control of his wishes, desires, and thoughts should thank his Lord, because his undisciplined thoughts do not come to fruition immediately, otherwise those wild desires would cause an automatic manifestation of unlucky tigers that would pounce on their owner and on others

The moral of the story is the importance of focusing one's thoughts on positive and good things while sitting under the branches of the Wishing Tree, which is nothing but the will and mighty intellect of man

Focusing one's thoughts on fear, failure, illness, and ignorance may cause the emergence of monsters from the unseen world of thought, creating endless problems and surprising one with what one does not desire

Excerpts from the wisdom of the Baramhanis

Great people are role models
Although their bodies were limited

But they realized that they were part of the infinite ocean
And that all individual forms
They are waves on the breast of the cosmic sea
In this world we limit and restrict ourselves
Within the confines of a small family
But when we love our neighbors, we grow up
When we love our country, we become greater
When we love all peoples and nations, we become much greater
And when our consciousness becomes immersed in God in the afterlife
Or in this world through deep contemplation
Even while we are in physical bodies
We truly understand the reality
The ocean is the waves
And that the waves emerged from the ocean
From our archived library: Letters
Dear friends, our archive library contains
Based on excerpts from thousands of letters sent by readers
From different countries, they expressed their experience
With the teachings of Master Paramhansa Yogananda
Here I have translated a sample of those letters
Because it matches many of your comments and messages
This is evidence that human experience is one

And that open hearts and harmonious thoughts
They meet each other, wherever they are
With love, goodness, and peace
If you would like more of these messages
I would be happy to offer more
With sincere affection and best wishes
Mahmoud Abbas Masoud
Now please read some of the messages
These teachings helped me to explore anew
The infinite peace that lies within all our hearts
It gave me a deeper confidence in the future
And I increased my love for God and those who know Him
It truly contains light and blessing
* * *
I feel an overwhelming sense of gratitude to God
Who guided me to these spiritual teachings
I am overwhelmed with a feeling of gratitude and appreciation
For the help I received thanks to God
And the lectures of the wise Paramahansa
I also feel like I've embarked on a wonderful adventure
To discover the hidden treasures of the soul in the mine of my life
* * *
In the teachings of Master Paramahansa
I found a constantly flowing spring of peace, strength, and vitality
It's difficult to list all the benefits that flow

Into my daily life from his lofty thoughts

* * *

I read these lectures over and over again

Each time I find new things, as if

I have never read it before

For me, it is a budding, abundant source of energy

From divine knowledge, inspiration, and love

* * *

The more I read these teachings with focus and contemplation

Whenever I feel a noticeable improvement in my life

On the material, psychological, and spiritual levels

It possesses magnetic properties

To attract goodness and all good things

* * *

As I read these lectures

I began to feel like I was on an upward trajectory

I climb intellectual and spiritual heights

I was not aware of it before

I also feel that it has brought many improvements to my life

And made it richer and more diverse

In the past I was half-awake

And now I feel a heightened awareness

And sensitivity in feeling

My wish is to help spread these ideas

So that others may benefit from it as I have benefited from it

* * *

I have just finished reading "Whispers from Eternity "

To the teacher Paramhansa, and I feel an abundance of peace

Divine love fills my entire being

-

A comparison between humility and arrogance

Humility is a fertile valley of awareness

Where divine rain pours down abundantly and gathers

And it is also impossible for rain to collect on a mountaintop

Thus, the waters of knowledge cannot gather on the head of arrogant pride

Arrogance closes the door to acceptance and openness, through which knowledge enters

Humility opens doors wide

He calls for wisdom to come and establish

Arrogance is a visible ugliness written on the face of the arrogant person

People are repelled by him and keep away from him

Humility is a pleasant fragrance that makes its possessor beloved and desired by all

Arrogance stems from an inferiority complex

Which manifests as what is called a superiority complex

While humility is born of wisdom

or self-knowledge

Arrogance rejects the search for truth

As for humility, it is gentle and welcoming to the truth

He begs him to enter the Holy of Holies of his soul

Arrogance reveals its inadequacy through its failed attempts

Belittling others and making them look small

Humility, however, is a wonderful sign of understanding hearts

A shining example of greatness and nobility

Vanity is a transparent cloak worn by the vain

Humility is the garment of dignity and modesty

Arrogance drives away friends and truth from his life

Humility attracts friends and understanding

The arrogant person is like an empty tin can that makes a noise when tapped

The humble person is like a vessel filled with the blessed drink of wisdom

Humility is attractive; it spreads happiness around it

It attracts sincere friends and kind souls

The humble person brings goodness and blessings into their life

With his humility, like a fresh, fragrant rose

May God fill your life with happiness and joy

Ambition and delinquency

The ambition to become a millionaire

Love of wealth and greed for flattery

It is a false standard of true happiness

And who wants to become a millionaire in this way?

He doesn't just hurt himself

It also harms others

Because it leads them down paths that lead to misery and wretchedness

For example, a simple worker in a hotel

The one who sees a millionaire wearing expensive clothes

He steps out of a luxury car with pride and arrogance

It is driven by a private driver

He envies him for his apparent blessings

He tries to emulate his lifestyle

He resorts to borrowing money and buying a car, perhaps a used one

It requires expensive maintenance

And he buys other luxuries

Which he mistakenly believes

It will give him a certain look

From empty pomp and illusory wealth

He is a poor soul gambling with his meager resources

He exposes himself to problems he could easily avoid

Few are those who realize

The person who sacrifices his health and happiness

On the altar of fears and strenuous work

Nervous breakdown and heart problems

In order to become a millionaire

He actually misleads the simple-minded and unintelligent
To walk on slippery paths
Where life is measured by deceptive appearances
Pretending to be happy
As for the false standard that
Wealth is the ultimate goal in life, beyond which there is no other goal
This makes people resort to trickery and deception
To deceive the simple-minded and rob them of their livelihood
Extravagant lifestyle habits
Regardless of how the money is made
Taking pleasure in praise and flattery is a sign of naivety
Due to despicable boasting and loathsome showing off
All of this drives the seeker of wealth to greater greed
And devising devious methods
Or resorting to blackmail and unethical practices
To acquire more luxuries
Which resembles a bruised reed
Which injures the hand that holds it
And do not lean on it
luxurious living
The desire to possess money by any means
And apprehension about living in a modest house

And the fear of losing financial standing
In the eyes of the family and society
In addition to selfishness
These are all harbingers of wrongdoing
Uncalculated adventures
Loss of empathy for those in need
If everyone lived simply and dressed simply
The fashion of luxurious living has ended
Which leads most often
To much misery and frustration
And people tried to cultivate spiritual qualities
And the noble vinegar instead
Selfishness must be eliminated
He made simple living and refined thinking
Standard and test criterion
No dealings or cooperation are necessary
With those with hoarded wealth
Those who do not feel what others feel
Their hearts do not soften towards their wretched brothers
Even if they saw them in tattered rags and starving
Wealth itself is not a sin
Rather, it may be a blessing in the hands of good and generous people
Those whom God has enriched from His abundant grace
Those who enjoy helping others
And lifted the nightmare of poverty and injustice from their shoulders
Words possess immense power to build or destroy

For condolences and comfort
Or to crush spirits and shatter feelings
There are words that create confusion and bewilderment
Words that dispel worries and soothe hearts
It instills confidence and comfort
Words that ignite fierce wars
Words to soften the atmosphere
And it alleviates misfortunes and burdens
God has endowed man with many gifts
This includes the ability to express oneself
In the spoken, written, and heard word
For the sake of meaningful and intimate communication between people
Humanity is one family
Regardless of seemingly disparate considerations
Let words be a tool for bringing people closer, not for intimidation
To instill reassurance, not to spread panic and discord
To establish harmony, not to sow discord
To remove obstacles and impediments
No to filling the paths with thorns and obstacles
The story of the user who taught the king
Long ago, a king told one of his subjects that unless he answered a specific question, the gallows awaited him
The man replied, "What is the question, Your Majesty? "

The king asked, "Tell me, where is divine consciousness located? "

The man asked the king for a two-week grace period to bring him the answer, and the king granted his request

He then returned to his workplace dejected and told his employer that unless he answered the king's question within two weeks, he would pay for it with his life

The user, who was known for his boldness and intelligence, said to him

" Let me go on your behalf and I will answer the question myself "

The user went to the king and said to him

" First of all, let me sit on your throne, because while I am telling you something you do not know, I am your master "

The king presented his throne to the user, and said

" Tell me, where is divine consciousness located? "

The user sitting on the throne replied: "Bring me a cow "

The cow was brought in, and the user asked, "Where's the milk? "

The king replied: "In the udder "

The user replied: "That's not the case, milk is not only in the udder, but in all parts of the cow's body, because milk is the essence of the cow "

Then the user asked for a bowl of milk, and when the bowl was brought to him, he asked the king: "Where is the butter? "

The king replied, "I see no butter "

The user said: "The butter is there, but it's distributed throughout the milk Churn the milk and the butter will separate and float to the surface"

Just as milk is present in all parts of a cow's body, and butter is distributed throughout all milk molecules, so divine consciousness is present in every atom of existence

Thus, the user's wisdom saved his employer's life, as the king received the correct answer to his question

Divine consciousness is not exclusive to the enlightened; it exists in the souls and hearts of all Anyone who delves deeply into meditation will open the door of their heart, feel the presence of divine consciousness, and read the book of life Without this actual feeling, the question will remain unanswered

Wise men say

In order for a person to be useful in life

He must free himself from all malicious intentions

hurtful feelings and a desire for revenge

Even justified discontent

Love must not be dethroned

Love should prevail over feelings

It forms the basis of interaction between people

There are things and interests in life that are immeasurably better

From fueling feelings of hatred and resentment

Planning to harm and trap others
And raining down the fires of hell
Even those who behave in a certain way
It is not befitting of the noble human condition
If only humanity would stop igniting and amplifying evils
Instead, he uses the eye of contentment
Which the Almighty Creator bestowed upon him
To focus on doing good for oneself and others
Because limiting thought and feelings to hatred
Disabling the tools of good
Which God has bestowed upon mankind so that they may use it
During his short journey to this land
Misguided focus leads to hardened hearts
And to awaken ill suspicions and hostile feelings
If it becomes ingrained in the heart, it is difficult to get rid of it
That is a miserable situation in which the pessimistic outlook has turned jaundiced
Everything beautiful becomes ugly, and everything exquisite becomes base
Even health tools become tools for manufacturing
Toxins and the ill-fated disease
That is hell
May God keep us and you away from it
And about his evil and his evils
Peace be upon you

May you always be surrounded by love

Sun of cosmic consciousness

This article appeared in the first issue of the East and West magazine in 1925 This magazine, which later became known as the Self-Knowledge magazine, was founded for one purpose: to bring peoples closer together and to show the best of the unique features and characteristics that nations possess, which have contributed and continue to contribute to building the great human edifice on this planet Earth

The great teacher worked for many years to foster a spirit of love and brotherhood among people, encouraging the exchange of experiences and knowledge to make life more wonderful, beautiful, and meaningful In this regard, he said: "Our hunger for knowledge should make us forget our minor differences and urge us to gladly accept the truths of others Let East and West prepare to exchange the best that their peoples possess, for all people are brothers and sisters, and we are all children of the one universal homeland"

I sat on a small hill with my eyes closed and gazed at the pitch-black darkness that enveloped me At first, I could see nothing but darkness, yet I was searching for something unknown but familiar and known at the same time

I opened my eyes and gazed upon the magnificent, joyous world, adorned with an endless expanse of moonlight and twinkling stars in the

vastness of space, smiling fields and hills with emerald-green grasses as soft as velvet, glittering mountain ranges, waves crashing upon turbulent seas, and cities boasting the countless achievements and inventions of humankind Yet, everything I saw seemed to reproach me for wasting my time in contemplation, accusing me of being a dreamer, lost in a world of fantasy

The world said to me, "Why do you close your eyes and turn away my beauty from your sight, and live in empty darkness and dark emptiness?"

I whispered back: "O daring intruder, were it not for inner beauty, your beauty would have no splendor or radiance!"

As soon as this thought crossed my mind, I felt a hidden call from a deep corner within my soul, and my senses trembled and the cells of my body revived

I closed my eyes again to see a sea of darkness I gazed intently into the heart of the pitch-black gloom, searching for a glimmer of light —a light I knew existed, requiring only a search until I found it Suddenly, I glimpsed a faint, almost luminous thought emerging from one of the corners of that deep, secret chamber I focused my attention on that faint idea, and it shone brighter and brighter until it revealed its hidden glory

And I discovered that I could see there without eyes and see every thought shining like lightning that flashes and then disappears, or shining like a flock of abundant flashing meteors that release a spray of light that suddenly appears and then

disappears in the sky of my mind I was able to count every flash, every spark, and to realize the time and energy value of each one What a glorious metaphysical vision!

And I was also able to hear without my ears, and I listened with such clarity to the faint yet thunderous voice of my thoughts Yes, I listened to the low whispers of conscience and the silent voice of wisdom I heard everything those voices said with such clarity, as if I had never heard before And for the first time, I felt the presence of these invisible, inner relatives I sensed their compassion and their indifference toward me These relatives who had lived long ago in the depths of my being, in dark chambers, plotting, coordinating, and shaping my destiny Yet they remained hidden, humble, and concealed, as if they had no presence or existence

What tremendous work you do, secret relatives and friends! Why don't you appear so clearly and openly?

Are you frightened by the crude, rough gazes of human minds? Or perhaps you fear appearing in the pale twilight of mentalities that are incapable of refined, delicate thought! Or perhaps you are terrified of suffocating from the violent vibrations of dense matter!

Yet how adept you are at sneaking out of dark rooms to build skyscrapers, mighty bridges, and all manner of material achievements, then returning without anyone noticing or celebrating you!

The train rushing through the darkness of the night, the roaring planes, the mighty ships floating like villages on the surface of the ocean, the masterpieces of art, the temple of the Virgin Athena, the Parthenon, and the Taj Mahal all are miracles made by man, and all remind me of you and your powers inspired by mighty thought!

But when I see the lake with its shimmering waters beckoning me to quench my thirst, and the dark clouds releasing rivers and waterfalls of rain to nourish the fields and trees laden with sweet, delicious fruit; and when I see the full moon's light ignite at nightfall, and observe the cycle of the seasons, and the earth draped in a thick carpet of grass, and the red clouds sculpted into shapes by the rays on the horizon's curtain all these exquisite, inimitable images I behold, and I contemplate that cosmic hand working with power and wisdom everywhere!

And I think in amazement about that cosmic voice that commands the sun, the moon, the planets, the earth, nature, the seasons, all the blind forces, the seas with their tides, man, life, and death, and they hear its voice and obey it

Is there a hidden corner, without limits or end, where enlightened ideas are concealed and operate in the universe without anyone noticing them?

I looked through the windows of memory and remembered the beginnings of my childhood, when the sun of my consciousness rose in the sky of my life And when it rose slowly then from the

darkness of the subconscious mind, it illuminated only a small part of the horizon of my mind, so I saw nothing but my mother, my toys, and some pieces of candy of different colors

Later, as my awareness grew brighter, I saw a larger part of my mental horizon; it became illuminated, and I saw many things I had never seen before I saw my friends, my relatives, my neighbors, my country—all appeared and became included in my field of vision

In the sky of my mind, the sun of my consciousness shone with a constant and powerful light, illuminating all that was previously hidden I saw all people, all nations, all beings, nature, planets, stars, and all radiant electrons I even saw the cosmos and infinite space!

And I did not know before that I would discover in the darkness of my mind the sun of cosmic consciousness!

Controlling evil tendencies

A person who overindulges in alcohol becomes addicted, and this addiction leads to a harmful and insidious habit If they make no effort to stop their drinking, they may become an alcoholic, suffering from an uncontrollable craving for alcohol These unfortunate individuals often spend their money on alcohol They eat little and seem to derive some nourishment from the intoxicating beverage itself As this destructive habit becomes ingrained, they lose their sense of responsibility for their own

health and their standing in their homes, communities, and the world

The preceding description of intoxicated alcoholics is merely an illustration of what I call "mental alcoholics" These mental or psychological alcoholics can be classified according to their specific psychological conditions, which may be chronic and intractable, such as anger, fear, unbridled sexual desire, taking pleasure in harming others, gambling, stealing, envy, hatred, greed, bad temper, charlatanism, stupidity, and insanity

When a person exhibits abnormal outbursts of anger, fear, envy, or any of the aforementioned traits from early childhood, it is evidence that they acquired these abnormal psychological habits in a previous life Parents who notice any of these harmful psychological tendencies in their children, even at a young age, should take the matter seriously and take steps to prevent the child from developing a psychological addiction, ideally by placing them in a different environment under the care of spiritual mentors

With good company and a supportive environment over several years, a mentally ill alcoholic may be freed from the suffocating grip of their acquired vices While receiving proper medical care in a supportive setting, the mentally ill alcoholic must be informed of the dire consequences of their reprehensible habits and encouraged to reflect upon them and make a genuine effort to avoid exhibiting these abhorrent and destructive behaviors under any

circumstances Every instance of indulging in a mentally ill habit acquired in a previous incarnation strengthens and entrenches it in the conscious mind until the individual becomes enslaved to it in every sense of the word

The angry, lustful, or greedy person forgets their place and disregards their relationship with society, committing grave errors that destroy their own life and the lives of others Many of these mentally ill individuals believe that by expressing their psychological habits, they are venting and finding some relief However, indulging in harmful impulses is a habit with dire consequences, because by repeatedly expressing such repugnant behavior, a person becomes psychologically addicted, making themselves a laughingstock in the eyes of others, everywhere and at all times

If children are exposed to a toxic environment while their minds are still developing and malleable, they will develop bad habits that, if left unchecked, can lead to severe mental illness Parents who notice a sudden change in their child —such as a previously calm child becoming constantly disgruntled—must pay close attention, identify and address the causes of their frustration and despair, and find new, constructive ways for them to channel their energy in a beneficial and effective manner

Those who exhibit any of the aforementioned characteristics are mentally alcoholics They recklessly and irresponsibly ride the raging torrents of bad habits, shattering their happiness by their

helpless, voluntary surrender to the currents of their passions and by displaying their worst qualities

It is pointless to reprimand, admonish, or blame mentally ill alcoholics for their violent tendencies Their mental state is a result of their repeated bad habits They should be treated as mentally ill patients suffering from intractable psychological disorders

Changing one's companions is the most effective treatment for any form of acute mental intoxication, because the will of the mentally intoxicated person is enslaved by habit and therefore they possess no resistance to evil The most appropriate treatment is to transfer them directly to an environment that acts as an antidote to their poisoned mental state An irritable person should be placed—if possible—with one or more people who do not become angry even under provocative and irritable circumstances A lustful person should be surrounded by people of self-control A professional thief needs a company of honest people A timid and fearful person can be helped by encouraging them to associate with courageous individuals and read the biographies of heroes Those with thorny tempers and sour dispositions should keep company with those of cheerful and naturally affable nature

The mentally ill alcoholic must remember that constipation or poor bowel function, along with the consumption of meat, especially beef and pork, will exacerbate their mental illness and further

entrench it in their brain Including plenty of fruits and vegetables in their daily diet, practicing a one-day fruit juice fast per week, and occasionally incorporating longer fasts, will greatly help to modify the brain regions where harmful habits are concentrated

Excessive sexual activity damages the nervous system and brain cells, fueling anger in the mentally ill alcoholic Furthermore, excessive sexual indulgence weakens willpower Therefore, all mentally ill alcoholics must learn to control their sexual urges in order to practice moderation in their marital relationships, as dictated by nature

We often find that the breadwinners or providers in the family—whether father or son, and in some societies, mother or daughter—show a tendency toward alcoholism due to a feeling that their position entitles them to control and impose their will These petty dictators should not unleash their anger on the family members who need and depend on them For if they do, they will lose the respect and esteem of their loved ones

When a family dictator believes he can do as he pleases at home, he begins to display his unpleasant traits and reprehensible qualities even outside the family circle Eventually, he becomes accustomed to this shameful behavior and acts accordingly, anywhere and anytime Unless these tyrants control their desire to dominate their loved ones, they gradually become mentally unstable, acting without emotional maturity and causing immense trouble for those close to them, those

who occasionally interact with them, and themselves as well

Anyone who believes they are mentally ill should seek treatment At the very least, they should stop trying to infect others Imagine you're sitting quietly at home, perhaps reading a book by the fireplace, when suddenly a foul-smelling skunk enters your house! Naturally, there will be a commotion, and you and those around you will undoubtedly try to chase the skunk away, soaking yourselves in the unpleasant chemicals As a result, both the household and the skunk will be harmed

Similarly, it is not right for a human skunk to enter an environment that does not want its presence, because it may cause annoyance to everyone around it, and ultimately be treated cruelly

Remember, my friends, that the human skunk, bearing the mental tremors of a malicious nature reflected in his face and evident in his eyes, creates great harm in calm, peaceful, and tranquil environments This human being is unwelcome anywhere

Concealing one's mental state is better than succumbing to its influence among people Shameful indulgence, or giving free rein to one's desires and passions, is the fertile ground in which pre- and post-natal impulses grow and flourish Therefore, anyone suffering from this affliction must be extra vigilant against living in an environment that nurtures the innate psychological seeds of bad habits or aggressive tendencies

Of course, when you meet someone who treats you with feigned flattery and addresses you with an artificial smile, "Long time no see!" while saying to himself, "May God curse the hour that brought us together," you feel his feelings, you feel aversion towards him, and you are disgusted by his false flattery

Personally, I want to know where I stand with people I prefer honesty, however hurtful or harsh, to false pretense No one wants to have the serpent of hypocrisy pointed at them from beneath a bouquet of rosy smiles or behind honeyed, flattering words

With all that said, it is better for the mentally ill alcoholic to be friendly towards others, even if only for show and pretense, rather than infecting them with the poisons of his ominous character

The daily practice of self-control, even in minor matters, will help the mentally ill alcoholic to gradually escape his deplorable indulgence in bad habits

Peace be upon you

Power of concentration

For a seeker to become receptive, they must sit quietly and focus their thoughts on a desire worthy of concentration until their mind and thoughts are completely absorbed by that idea When human will aligns with the all-knowing and all-powerful divine will, it can be successfully used to achieve the desired goal One cannot simply sit and wait for success to fall into their lap When you

set your course and resolve to move forward, you must activate your will and exert practical effort, and you will find that all the elements of success will come to you from where you least expect it In your will, charged with the divine current, lies the answer to your prayers When you use that will, you open the window through which you receive the answer to your prayers This is my own experience In the past, I tried doing certain things simply to test my will, but now I don't do that because I already know the outcome: everything I desire comes true

Once, many years ago, I saw one of my disciples going astray Foreseeing the inevitable and painful consequences of his actions, I tried to persuade him by every logical means to turn back from his path But I found I could not help him, for he was determined to continue down the path of evil Finally, I said to myself, "Since he wants to do this, I will leave him be" But my love and concern for him quickly returned, and I sat under a banyan tree and imagined him With fervent zeal, I continually sent him the following mental message: "I implore you to return" In the evening, a strong, intuitive feeling stirred within me, both in body and mind, that he was indeed returning Suddenly, the "prodigal son" appeared, having come home He greeted me with a bow and said, "All day long, wherever I went and whatever I did, I saw your face What does this mean?" I said, "God was calling you through me It was His call, not mine My desire wasn't selfish, but I was determined not to

leave this place until you returned" This kind of determination can bring about great changes in the world It truly is an amazing and wondrous power!

Therefore, deep prayer has a powerful and profound effect The best time for prayer is at night when distractions are minimal If you find it necessary to get some sleep in the evening, do so to keep your mind alert and focused during night prayers, and to be with God This may seem difficult at first, but it will become easier with continued effort, and you will be amazed by the wonderful results you will achieve When you possess a unique, dynamic will, God begins to respond And when the infinite Absolute breaks its silence, you will be overwhelmed with joy But as long as a person harbors even a single selfish desire to prove the power of their prayers to others, or if they turn them into a commodity to profit from, they will lose that power, and God will no longer answer them, because they will have erected a barrier between themselves and God, distancing themselves from Him God will come to the seeker only when they are sincere and true, and when they love Him for His sake When a person is self-absorbed and resorts to pride and boasting, God knows that they do not want them but rather seek to glorify their own pride, and He will not accept their invitation

Who will persevere with determination and persistence until God answers?

God is the very essence of love and the source of affection If you know how to meditate with the intention of connecting with Him, He will respond to your loving requests There is no need to beg to reach Him But who will devote the necessary time? And who will persevere until they become a blazing inferno of mental focus to receive His answer?

If you have debts you can't pay, or if you desire a job, first meditate In the stillness that follows deep meditation, focus your mind with unwavering resolve on your need, but don't constantly monitor the outcome If you plant a seed in the soil and keep digging it up to see if it's growing, it will never sprout Similarly, if you look—every time you pray—for a sign that God has granted your wish, you won't get what you want Continue praying without interruption and leave the rest to God Your role is to draw God's attention to your need and to do your part in helping Him fulfill your hope In the case of serious illnesses, for example, do everything you can to promote healing But know with certainty that the final cure is in God's hands Let this thought accompany you in your meditation each night Pray with great determination and absolute trust, and one day you will find that the illness has suddenly vanished

The mind first receives suggestions, then God charges the mind with His power Finally, the brain releases life force to bring about healing You do not know the extent of the divine power stored within your mind It controls all bodily functions You

can treat any physical condition using this power of the mind It is essential first to know the correct method of meditation, and then you will be able to use the power of concentration, enhanced by divine power, to heal the body or deal with any other ailment

Try to do something difficult every day Keep trying, even if you fail five times When you succeed, use your focused willpower to accomplish something else In this way, you will be able to accomplish great things at a faster pace Willpower is a living expression of the image of God within you In willpower lies infinite power: the same power that controls all the forces of nature And since you are created in the image of God, that power is in your hands to achieve whatever you desire: you can create prosperity and abundance and transform hatred into love Ask God to help you control both body and mind, and then you will receive God's answer I constantly see that my highest desires have already been fulfilled

Our greatest need is for God

On the forehead, between the eyebrows, lies the gateway to heaven This brain center is the seat of the will When you focus your mind on this center and will calmly, whatever you desire will be fulfilled Therefore, you must never use your will for evil purposes Desiring to harm another person, or wishing harm upon that person, is a terrible misuse of the power God has bestowed upon you If you find your will leading you astray, you must stop

immediately For proceeding in that direction is not only a waste of sacred energy, but it will also cause you to lose that power, and you will no longer be able to use it even for good purposes

First and foremost, prayers must be logical and legitimate We should not ask God for things that are impossible or unreasonable within the natural order of life We should only ask for our essential needs A distinction must also be made between "essential needs" and "non-essential needs" The best way to cure oneself of "non-essential needs" is to examine and scrutinize those needs in the light of logic and reason Dreaming of grand buildings used to be one of my hobbies, but that desire has now faded I already own many such structures, with all the troubles that entails in terms of repair and maintenance Ownership is a burdensome responsibility The desire to possess sterile things must be relinquished, and one must focus solely on actual needs

Man's greatest need is for God When he comes to know Him, He will grant him not only his "necessary needs," but also his "non-necessary needs"! He will fulfill every desire of his heart, just as He will fulfill his dearest hopes and dreams

As a boy in India, I had a strong desire to own a pony, but my mother wouldn't allow me to Years later, when I established my boys' school in Ranchi, I brought a mare for us to use One morning, I found she had given birth to a foal, just as I had wished for in my childhood! Such trials have

happened to me many times A long time ago, while on a journey to Kashmir, I saw this building (the headquarters of self-knowledge) in a vision Years later, I saw this place and immediately recognized it as the same building I had seen in the vision, realizing that God intended it to be mine

When you pray deeply and persistently, you will feel a great joy filling your heart and being

Do not be satisfied or convinced until you feel that joy, because when you feel that overwhelming delight in your heart, you will know that your prayer has reached God and that you are on His mind and your Lord will give you and you will be satisfied

May God grant you success Peace be upon you
Four essential methods



The connection between the spiritual self and the body and mind is the root cause of all our pain, limitations, restrictions, shortcomings, and deficiencies Because of this connection, we experience excitement as much as pain and pleasure, to such an extent that we cannot

experience divine bliss or consciousness Religion, in its essence, involves the constant avoidance of pain and the attainment of pure bliss, or God

Just as the true image of the sun cannot be clearly seen on the surface of turbulent water, so too the true, blissful nature of the spiritual soul (the reflection of the whole spirit) cannot be understood or grasped by the waves of turmoil and anxiety arising from the soul's identification with the fluctuating and changing states of the body and mind And just as turbulent water distorts the true image of the sun, so too does a troubled mind distort the eternally blissful nature of the inner soul through this identification or attachment

The purpose of this chapter is to explore the easiest, most correct, and most effective ways that everyone can practice, which would liberate the eternally blissful spiritual self from its painful attachment to the mind and body, thus permanently sparing it from pain and suffering and elevating it to the spiritual bliss that is the essence of religion

Eastern wisdom books say:

"If you could rise above the body and realize that you are a soul, you would possess eternal bliss and be freed from all pain"

There are four fundamental, universal religious paths whose daily practice helps liberate the spiritual self from the constraints of the body and mind These four paths encompass all reasonable religious practices taught or recommended by prophets, saints, and enlightened sages

Religious practices are those established and taught by the prophets in the form of various doctrines Those with limited insight fail to grasp the true significance of these doctrines, accepting their superficial meanings and gradually descending to the level of rituals, ceremonies, forms, customs, traditions, and rigid practices This is the source of fanaticism towards parties and sects

We must realize that we were not created for rules and laws, but they exist for us They change as we change and develop as we develop, and it is our duty to adhere to the essence of the rule, not its outward appearance, out of ignorance and fanaticism

Customs and forms of worship differ according to the different schools of thought, but the pure essence of the different schools of thought of the prophets is one in its core, but most people do not understand that!

Great thinkers attempt to identify the ultimate truth using their mental powers, but they fail in their endeavor because the ultimate truth cannot be grasped through mental knowledge alone

Knowledge differs from mere understanding It is unreasonable to rationally comprehend the sweetness of honey if one has never tasted it Similarly, religious knowledge springs from the depths of human experience This is often what we do when we attempt to understand God, religious doctrines, and morality; we rarely seek to know these things through inner, spiritual experience

It is unfortunate that those with intellectual faculties capable of using their minds to uncover the truths of the natural sciences and other fields of knowledge often believe they can grasp the highest religious and moral truths through sensory reason alone Sadly, instead of being a source of assistance, their minds and intellectual faculties frequently act as barriers, hindering their understanding of the essence of truth

Now let us observe the four religious paths that characterize spiritual growth:

First: The mental method – the common, natural method, but inefficient in terms of extremely rapid perception Mental development and growth are natural and common to all conscious beings Our self-awareness is what distinguishes us from lower animals, which possess varying degrees of consciousness but not self-awareness

In the stages and processes of development and evolution, we find that this consciousness gradually becomes self-awareness From animal consciousness emerges the sense of self, and gradually consciousness attempts to liberate itself and know itself through itself Thus, it transitions to self-awareness; this transition is due to the natural order of development The human psyche, connected to numerous physical and mental states, gradually and naturally attempts to return to its true self through itself

Developing conscious thought is one of the ways the spiritual self elevates itself and liberates

itself from physical and mental constraints The spiritual self's effort to return to its true self through the development of thought and reflection is natural This is the way of the world

The universal spirit expresses itself in different stages of growth: from the lowest to the highest In stone and soil, there is no consciousness or life as we perceive it, while in trees there is vegetative growth, that is, an approach to life However, there is no free, unhindered life or conscious thought process whatsoever In animals, there is life and an awareness of life In humankind—the pinnacle—there is life with awareness of it, in addition to self-awareness within the soul Therefore, it is natural for humankind to develop itself through thought, analysis, and contemplation, through the in-depth study of books, and through research, exploration, scrutiny, experimentation, and the attempt to reach the origin of causes and effects in the natural world

The deeper a person's thinking, the more he utilizes the method by which he reached his current level in the process of cosmic ascension, and the closer he gets to the Supreme Spirit

Since we elevate ourselves through the mind above the body and its needs, the correct and deliberate application of this mental method will yield specific and certain results Training the mind through rigorous and in-depth study to acquire knowledge in a particular field helps to improve self-awareness to some extent, but it is not—in terms of importance—as significant as the process

of thinking aimed at transcending the body and perceiving truth

In India, the highest form of mental method is called Jnana Yoga, which means attaining true wisdom through remembrance and discernment; as when a person constantly reminds himself: "I am not the body, and the fleeting images of earthly existence cannot affect me I am spirit"

However, a drawback of this method is that it is a slow process of self-realization, and may require a considerable amount of time While the spiritual self begins to attain self-awareness, it remains preoccupied with a series of fleeting, unconnected mental thoughts The tranquility of the soul, on the other hand, transcends reason and rises above physical sensations, even though—when realized—it pervades and overwhelms those sensations

Second: The devotional method - which involves trying to focus our mind on one idea instead of focusing it on a variety of ideas and different things (as in the mental method)

The devotional method encompasses all forms of worship, such as prayer (which must be freed from all worldly thoughts) In this method, the spiritual self must focus its mind deeply and reverently on whatever it chooses to concentrate upon: whether on a specific concept of divinity or on absolute, all-encompassing existence

The key point is for the seeker to focus their mind on a single devotional idea with great zeal and enthusiasm Through this process, the spiritual

self is gradually freed from numerous mental distractions and gains the time and opportunity necessary for introspective reflection on its essence When we pray with complete sincerity from the depths of our hearts, we forget all physical sensations and cast aside all intrusive thoughts that attempt to capture our attention and occupy our minds

The deeper our prayers, the greater our satisfaction This becomes the measure by which we gauge our closeness to God, who is supreme bliss By setting aside physical desires and controlling distracting, discordant thoughts, the superiority of this method over the previous one becomes clear

However, this method has shortcomings and difficulties stemming from the spiritual self’s long and continuous attachment to the body and its enslavement to it, and it tries in vain to distance its mind from the realm of physical and mental sensations

Despite a person's sincere desire to pray or fully immerse themselves in some form of worship, their mind remains vulnerable to the onslaught of unbridled physical sensations and fleeting thoughts that memory presents and reviews In prayer, we are often overly concerned with creating the right conditions for prayer or eagerly anticipating the removal of physical discomforts

Despite all our conscious efforts, our unhealthy habits, which have become second nature to us, dominate the desires of the soul and

restrict its faculties Despite our sincere longing, the mind remains troubled and confused, so much so that the saying "where your mind is, there your heart is also" applies We are asked to pray to God with all our hearts, but we usually pray with our hearts tossed about by the storms of thoughts and sensory impressions

Third: The Meditational Method – This method and the one following it are purely practical and involve applied training They are recommended by great sages who have come to know the truth in their lives I myself learned these two methods from one of these great spiritual masters

By practicing meditation until it becomes a firmly established habit, we can induce a state of conscious sleep This tranquil and pleasant state is often experienced when we are deep in sleep and approaching unconsciousness, or when we are waking from it and approaching a state of consciousness

In this state of conscious sleep, we are freed from all external thoughts and physical sensations, and the soul is able to think about itself and approach the happy state from time to time, according to the depth of meditation and the pace of practice

In this state, we are oblivious to and free from the physical and mental disturbances that occupy the mind Through this process of meditation, the external and sensory organs are controlled by calming the voluntary nerves, as in the state of sleep

This meditative state is the first, but not the last, stage of actual meditation In (conscious sleep), we learn to control only the external senses The only difference is that in normal sleep, the senses are controlled automatically, while in meditation, they are controlled through conscious effort However, in this initial stage of meditation, the spiritual self remains susceptible to interference from involuntary internal bodily functions such as the lungs, heart, and other organs that we mistakenly believe are beyond our control

Therefore, we should look for a better way than this, because unless the spiritual self can disable bodily sensations by will, as well as the internal sensations that allow thoughts to arise, it remains vulnerable to these disturbances without hope of controlling and suppressing them, or having the opportunity to know itself

Fourth: The Scientific Method of Yoga – Saint Paul said, “I die every day” By this, he meant that he knew how to control his internal organs and liberate his spiritual self through willpower from both the body and mind Ordinary, untrained people experience a similar state of near-death, when the spiritual self is freed from the decaying body

With proper training and practice of a practical and regular method, the practitioner can feel the separation of the spiritual self from the body without experiencing final death

Here I will present a general overview of the method and the sound scientific theory upon which

it is based What I offer is from my personal experience and can be said to be universally valid I can also say and affirm that the bliss, which is our ultimate goal—as I have explained—is greatly manifested in the practice of this method Indeed, the practice itself is extremely pleasurable I can affirm that it is immeasurably more delightful than the greatest sensory pleasure attainable through the five senses or the intellect I do not wish to offer any proof of the validity of this method other than what the person practicing it will experience The more patiently and regularly the seeker practices it, the more firmly they will feel themselves to be established in the consciousness of bliss

Because bad habits are so stubborn and deeply ingrained, physical awareness awakens from time to time, assaulting that state of tranquility with all its sensory memories However, with regular and prolonged practice, we can assure the practitioner that a time will come when they will find themselves in a state of sublime spiritual bliss But we must not try to imagine the results the method will yield and then abandon the practice after a brief trial True success and sure progress require observing the following essential points

First: Pay close attention to the subject you wish to learn

Second: A genuine desire to learn with a keen spirit of inquiry

Third: Perseverance until the desired goal is achieved

If we go halfway and neglect the method after a simple practice, we will not get the result we expect

It is truly unfortunate that people spend most of their time acquiring material necessities or engaging in theoretical discussions and intellectual debates, but rarely attempt to discover and experience for themselves the spiritual truths that enrich and invigorate life, and indeed give it meaning Their minds are preoccupied with trivial matters, unimportant concerns, and fervent desires, rather than being properly directed towards this goal

For many years I have been practicing the aforementioned method, and every time I practice it I feel great joy or a state of constant bliss whose momentum does not diminish and whose flow does not stop

We must bear in mind that the spiritual soul has been imprisoned by the body for many ages and long periods, and it may not be liberated in a single day Short, intermittent practices cannot grant the practitioner that sublime spiritual bliss or guarantee control over the internal organs This requires serious and deliberate practice over a long period

However, the careful application of these methods is capable of inducing a feeling of pure bliss The closer one gets to this bliss, the more one practices it This state is not created or invented by any human being; it exists naturally, and we need only uncover it within ourselves

Peace be upon you

Willpower and the influence of the environment

Troubles and annoyances arise from a person's lack of awareness of their past actions, committed at a particular time and place Their current suffering stems from thoughts and deeds they uttered, which took root in the soil of consciousness, sprouting into a plant and bearing fruit that mirrors the very thoughts and actions they committed

Trials and tribulations do not come to break a person and paralyze their will, but rather to make them appreciate God as He truly deserves and respect His laws through which they can attain true happiness

God does not send such harsh trials because they are primarily of human making It is up to humanity to awaken its consciousness from its slumber of ignorance and to rise from the darkness of ignorance to the light of knowledge

In the realm of spiritual knowledge

The teacher said to a disciple who sought his guidance on the spiritual path:

Do not yearn for people's recognition of you and your spiritual achievements, but seek only God

When you realize that peace is within you, you will realize that peace and harmony are in all good things in creation, and you will see it in the beauty of nature, feel its closeness in sincere friendship, and touch its blessings in noble aspirations and

honorable purposes that are free from selfish goals You will feel its presence behind veils of stillness and in all wonderful things

Knock earnestly on the door and the veil will be lifted and you will see the most glorious face in all its splendor and magnificence

If you love God, you will feel His love, and nothing else will be able to deceive you Material experiences appeal to you because you haven't tasted spiritual happiness When you do, you will know the difference

Be free to choose Don't let anything restrict you, and don't allow anyone to control you or interfere with your happiness

Your self is a separate part of the cosmic whole and you must find that perfect whole in order to experience blissful consciousness and taste the delights of divine love

Bringing love out of the dungeons of hatred and resentment

We ask you, Lord, to shine your light upon our souls

And shower your lovers and those who seek your help with your abundant blessings

And may He keep the specters of war, violence, and death away from us

And inspire us to make peace our goal

And love is our provision

Our goal is liberation from restrictive constraints

* * *

If a person strives only to accumulate money and fulfill bodily desires
The gains he makes are meager and insignificant
Because the day will come when he will leave all worldly gains behind
But if he becomes rich through God
He will be richer than all the kings and wealthy people of the earth
Those blessed treasures are in the possession of those who love God
Those who are not satisfied with anything other than the richness of the soul
As they work to develop their spiritual inclinations
And to nourish their longing for the source of their life
And the resurrection of love from the depths of hatred and malice
They elevate their consciousness above narrow worldly considerations
To the horizons of freedom, peace, light, and joy
They realize their boundless expanse
They experience renewed perceptions and knowledge
And as they sow the seeds of good thoughts and deeds
In the spaces of their consciousness
Their insights are opened
And their cognitive powers are activated
Philamson, their true essence

They find the kingdom of God within themselves

We ask God Almighty to guide us so that we may renew ourselves

And we bring our spiritual being out of the dungeons of darkness

To the spaces of freedom, tranquility, and the lights of knowledge

Fresh fruits and vegetables are vital nutrients

From a lecture on nutrition

Delivered in Encinitas, California - June 1940

Meat protein is not the only vital source of energy

Some of the mineral salts found in uncooked vegetables and fruits are also important sources

While a large portion of meat does provide a significant amount of energy, if meat dominates the diet for an extended period, it will cease to provide that energy Furthermore, excessive protein intake can lead to protein toxicity, a source of fatigue and illness In short, too much protein is just as harmful as too little

If you want to get rid of fatigue, one remedy lies in proper nutrition Meat may provide temporary energy, but it introduces many toxins into the body Eating more raw, uncooked foods will reduce feelings of exhaustion and leave you feeling energized

Juices provide a significant energy boost, but whole fruits and vegetables offer far greater nutritional value However, some people simply

don't want to dedicate the time to consuming them in this form

The digestive system extracts chemical substances and distributes them to appropriate cell types throughout the body

The body is made up of multiple chemical elements, and food must replenish the deficiencies in those elements on a daily basis

Daily food should include sufficient amounts of protein, vitamins, minerals, some fats and oils, and an appropriate amount of natural carbohydrates, while minimizing refined starches and refined sugar as much as possible

A great source of energy is a mixture of orange juice and ground almonds, as almonds are better digested when mixed with orange juice

It is also important to drink plenty of fluids If good quality water is not available, fresh fruit juice, coconut water, and watermelon are excellent supplements and partial substitutes for pure water

In the future, people will consume fruit juice and vegetable juice more frequently due to the health benefits that these juices provide

Both inferiority complexes and superiority complexes are bad

An inferiority complex is just as bad as a superiority complex because someone who feels inferior will not be able to show the superiority that is within them

Man, being of a spiritual nature, is endowed with a sacred spark, and it is wrong and erroneous to think that he is lowly or to think that he is above

everyone and to act like someone who has no dignity or origin

When a person displays pride, the thick shadow of pride obscures the light of God within the soul

Therefore, both knots should be avoided together because both are obstacles to spiritual progress

Let us feel that God is with us, inspiring and guiding us, and that He is the greatest love in our lives

Those who know God feel that they are servants of everyone and do not think that they are better than others

The inferiority complex is associated with those who have weak ideas and a weak subconscious, while the superiority complex is born of hateful pride and false arrogance

Both of these knots are destructive to spiritual growth and are based on illusion and disregard for the truth, rather than on sound understanding and correct judgment

Self-confidence must be cultivated by overcoming inherited human weaknesses Those who desire it should strive to experience its sweetness through tangible achievements in their lives, thereby freeing themselves from the complexes of inferiority and arrogance, with God's help

The secret and source of vitality

The body needs several hours to convert food into energy But anything that stimulates and activates the will generates immediate energy

Willpower draws vitality from the body's cells and from the brain's energy reservoir where energy extracted from food is stored

The will also draws new activity from the cosmic source into the body via the spinal cord

Therefore, the secret to vitality lies in preserving the energy a person has and bringing new energy into the body through willpower

How is that done?

Firstly, one must act willingly and voluntarily If there is something worthwhile to do, it should be done willingly and by choice

When you work willingly, you have a greater amount of energy because you are not only drawing energy from the nerves in the brain, but also attracting a great flow of cosmic energy into the body

A woman who prepares a delicious meal for her lover is filled with happiness and vitality, but if she is forced to cook against her will, she feels tired from the start

Therefore, willpower brings energy

short story:

Once, I was talking to a friend about saints My friend was a broker, and he didn't share my enthusiasm Instead, he said, "All those you call saints are actually charlatans who don't know God" I didn't argue with him, but changed the subject, and we started talking about the brokerage

profession After he told me a lot about it, I said gently, "Do you know that there isn't a single trustworthy broker that they're all liars?" He became furious and retorted angrily, "And what do you know about brokers?" I replied, "That's exactly what I meant And what do you know about saints?" He was speechless I continued calmly and kindly, "I don't know anything about brokerage, and you don't know anything about saints"

Angels of energy

God created us as angels of energy

And we placed in physical bodies

We focused all our attention on fragile bodies

And we forgot the spiritual soul charged with the energy of cosmic life

Now we must make a real effort to concentrate

To regain a sense of total awareness

The root of success lies in growing spiritual insight

Through which we become aware of our immaterial nature

And that the image of God resides within us

The first flower in the garden of spirituality is the flower of faith and hope

The fruit, however, is actual knowledge gained through self-testing

Be optimistic and know that the good things and blessings of life await you

As long as you work with sincerity and dedication

To restore the lost divine heritage

A truly spiritual person is a balanced person

Someone who feels content, enjoys good health, and has growing insight

He possesses the riches of the soul and the treasures of wisdom

He is confident that divine help is coming

No matter how harsh life may seem and how adverse the circumstances

The face of God is revealed to us in the beauty of nature

And his voice speaks to us through delicate, refined melodies

And from the sweet, gentle voices of lovers

And through the resounding voice of duty

The incentive that drives us towards goodness and peace

Happiness and knowledge are the voice of God

Which calls us to return to the blessed house

A house of tranquility and peace of mind

And to enjoy his sweet presence

And its unparalleled, superior beauty

The world is incredibly deceptive, and we must approach it as such If we don't overcome its deceptions and illusions first, we won't be able to help anyone else

We must remember that in the solitude of a focused mind lies the factory of all great achievements And in this wondrous factory, we must continually weave the patterns of our will in order to overcome or effectively deal with all adverse circumstances

The will must be constantly trained and exercised

Man has many opportunities to work in this earthly factory as long as he does not waste his time and squander his energies in vain

At night I withdraw from worldly demands to be with myself

Far, far away from the world

Alone with my will in my spiritual solitude

Where I direct my thoughts in the direction I desire

I made the decision deep down

When I motivate my will to engage in healthy and beneficial activities, it creates success for me In this way, I have used my will effectively many times However, this is only achieved through consistent use of the will

What a wonderful feeling you will have when you are able to say and affirm, "My will, charged with divine will, will achieve for me what I desire!"

If a person becomes complacent and entrusts everything to the divine will without using his own will that God has given him, he will not get the result he seeks

Divine power wants to help you of its own accord

We must banish from our minds the thought that God, with His might and supernatural powers, is far from us and hidden in the far reaches of the heavens, and we must not forget that the divine will lies behind our human will, but that mighty power, like an ocean overflowing with its tides and

extensions, will not come unless the mind is open and the heart is receptive

Supplication
O Universal Mother
To be the only flame in our hearts
And to dispel the darkness of our souls
And in our tears of love for you
Wash away our love for worldly things
And we are delighted to agree with you
Dispel our sadness and sorrows once and for all
Make our small hearts into a big heart
It accommodates your entire presence
And in the mirror of your divine nature
Let us see ourselves as perfect and pure
May the flames of our love for you rise high
Above the flames of earthly desires
Millions of temptations disguise themselves as you
And it deceives us constantly
* * *
Come, O pure and perfect divine joy!
Enter the temples of our longing for you
Let the planet be peaceful
In our mountains, in the dark nights of ignorance
May He guide us and bring us back safely
To your safe and secure haven!

Whispers from Eternity
The first quatrain of Khayyam

Translated by Edward Fitzgerald and explained by Master Paramahansa

Omar Khayyam’s fame in the West rests on Fitzgerald’s mid-nineteenth-century translation of his quatrains, which is considered the best ever translation into English

The teacher Paramhansa considered Omar Khayyam to be one of the great mystics and of a high degree of self-knowledge, and that he used symbolism to express his spiritual and experiential experience, and that he was crudely misunderstood, and that researchers did not delve deeply enough to understand his spiritual philosophy that he deposited in the quatrains

Awake! for Morning in the Bowl of Night

Has flung the Stone that puts the Stars to Flight

And lo! the Hunter of the East has caught

The Sultan's Turret in a Noose of Light

Arabic translation:

Wake up, for the morning has thrown a stone into the vessel of night

Dispersing the stars completely

And here is the hunter of the East

He seized the Sultan's tower

With a noose of light

Explanation and interpretation:

Explanation of meanings:

Morning: It is the dawn of awakening from the illusory earthly existence

The vessel of night: the darkness of ignorance that imprisons the immortal soul in the narrow, limited human consciousness

Stone: Spiritual refinement

Stars: The alluring glimmer of material desires

Hunter of the East: The mighty Eastern wisdom that destroys the remnants of illusions

A noose of light: the radiance of blessed wisdom, which destroys the oppressive darkness that imprisons and shackles the soul

Interpretation:

The inner stillness whispers:

"Awake! Abandon the slumber of ignorance, for the dawn of wisdom has broken Throw the dark vessel of the unknown with the stone of spiritual refinement to shatter it and scatter the dim, shining stars of dull material desires"

"Behold the light of Eastern wisdom, the hunter and destroyer of illusions, for it has seized the towering tower of the spirit with a noose of light, and dispelled its restrictive material darkness, utterly dispelling it

"O inhabitants of the city of illusions, abandon sleep! For the sunbeam of the spiritual message of inner wisdom has appeared"

Learn how to use the solid stone of spiritual refinement to break the dark vessel of ignorance and expel the desire for temporary material pleasures from it

"Take a lesson from the hunter of wisdom, who constantly seeks out souls yearning for light and searching for truth, to encircle them with an aura

of glorious splendor the splendor of eternal freedom"

The Return of the Prodigal Son

Once, many years ago, I saw one of my students walking in the opposite direction

Realizing the inevitable consequences of his actions, I tried to persuade him, using every logical means, to abandon his course of action, but I found I could not help him

Because he had intended to proceed down the path of evil

Finally, I said to myself:

"Since he wants that, I'll leave him alone"

But my love and concern for him returned quickly, so I sat under a fig tree and began to imagine him

With fervent enthusiasm, I continuously sent him the following intellectual message:

"God has asked me to ask you to change your mind about what you intend to do"

In the evening, a strong intuitive feeling I felt in my body and mind prompted me to believe that he was indeed coming back

Suddenly, the "prodigal son" appeared, having returned home He greeted them with a bow and said:

"All day long, wherever I went and whatever I did, I saw your face What does that mean?"

I replied: "God was calling you through me That was His call, not mine"

My desire was not motivated by selfishness, but I was determined not to leave

This place will remain open until your return

This type of design can bring about huge changes It's truly an amazing force!

When you set your course and decide to continue on your path, you must activate your will and make a practical effort, and you will then find that all the elements of success will come to you from where you know and where you do not know

In your will, charged with divine energy, lies the answer to your prayers

When you use that will, you open the window through which you get a response to your prayers

That is my own experience In the past I tried to do some things just to test my will, but now I don't do that because I know the result in advance: everything I want is achieved thanks to God Almighty

From the book "Man's Ultimate Goal"

Let us make God the shepherd of our souls

And the divine light is the scout

On the dark paths of life

He is the guiding light in the nights of confusion

And the sun of certainty in the hours of wakefulness

And the guiding star in the sea of darkness of earthly existence

Let us ask for His help and seek His inspiration

Because the world will continue its ups and downs

Its events are turbulent like raging waves

Where will we get guidance from?

It is not in our fickle, biased habits
Nor from our environment subject to influences
Nor from our countries or our world
Rather, it is the voice of the guiding truth
Emanating from the depths of the soul
At every moment I think of God alone
I surrendered my soul to him
I entrusted my heart to him
I directed my love and longing towards him
We should trust nothing more than God
And that we should trust those who will reveal His light
That light is my guide
It is my wisdom and my love
The invincible force
And the truth that cannot be surpassed
Now and forever
There are people who are so extreme in their thinking that they believe that in order to succeed in life they have to work like a machine without stopping
On the other hand, there are people who are no less extreme than them, as once they become interested in spiritual matters they lose the desire for everything else, and that is a wrong position
They believe, for example, that there is no need to do anything requiring intense concentration and physical effort, and they advise asceticism and renouncing all material things But this attitude masks intellectual stagnation
Under a cloak of false spirituality

I have found that great teachers are very interested in the world but without any attachment to it When my teacher was given something beautiful, he would take care of it and protect it, but if it happened to break or become damaged, he would laugh and say, "My interest in it ended because it took up too much of my attention" He was detached because he was unattached

I feel the same way I appreciate what God gives me, but I don't miss it if I lose it

Once, someone gave me a beautiful coat with a hat, and it was an expensive set I was happy to take care of it and protect it from tearing and getting dirty until I got fed up with it and said: "Oh God, I don't need this trouble!"

One day, I went to a hall in Los Angeles to give a lecture, and as soon as I arrived and started to take off my coat, I heard the divine voice say, "Take with you all the things that are in the coat pockets" So I did

After the lecture, I returned to the coat storage room and found that the coat - may God protect you - had disappeared

I was very upset about that, so someone said, "Don't be upset, we'll buy you another coat" I said, "I'm not upset because I lost the coat, but because the person who took the coat didn't also take the hat that goes perfectly with the coat"

We must not allow our emotions to control us How can a person be happy if all they care about is their clothes and other possessions?

This does not mean not wearing clean and tidy clothes or cleaning and tidying the house, but rather not being overly attached to or obsessed with these matters

Once I was invited to a dinner party and everything was very elegant and well arranged I thoroughly enjoyed the dinner, but our hosts were extremely nervous, fearing that everything might not go as planned, and as a result, they spoiled the atmosphere with their anxiety

Those who are overly sensitive often sense the anxiety and discomfort of others Why the fear and apprehension? We should do our best, then rest and let others rest We should allow things to take their natural course without forcing them, and then those around us will find peace too

Parmenidean harvests

Behind human will lies divine will and the purpose of the unlimited flow of cosmic energy

It is to show everything that is good and beneficial in life

For this reason, whoever remains steadfast and consistent with the higher will will be granted success with God’s help

Willpower is energy and desire directed towards achieving a specific goal

Nothing can be done without willpower; indeed, not even a simple movement can be created in daily life without using willpower

Most people do non-essential things and do not focus their efforts in a constructive way

Wish is different from will, although wish can act as a catalyst for will

In developing willpower, one must first and foremost possess determination and use perception, discernment, and wisdom

This is followed by training and consciously using the will to achieve the desired goal

The journey and effort must continue until the goal is achieved

When one resolves to achieve a noble goal, it becomes inappropriate to cease trying

Or he might give in to adverse circumstances

When consciousness is in harmony with the higher will and thought and will are focused on a particular idea without interruption, the willpower will be saturated with the boundless and inexhaustible cosmic activity

Human will governed by ignorance and desires brings pain and trouble upon its owner

To taste true happiness, good desires must overcome bad ones, and the will must be directed in the right direction towards the source of truth and the origin of all good in existence

Why should a person refrain from bearing false witness? Because falsehood fosters hypocrisy and deceit

Betrayal is one of the greatest sins in the eyes of God To falsely accuse someone for personal gain or out of a desire for revenge is a form of perjury If everyone followed this practice, chaos and anarchy would prevail among people

Listening to false testimony against another person is an endorsement of the false witness and participation in his shameful behavior, and that listening and endorsement will inevitably turn into an internal emotional conflict that tears apart the peace of the soul and disturbs the tranquility of life

Even if it is justified temporarily, the action will ultimately backfire strongly and create distress and psychological pain that disturbs the consciousness and slaps the conscience

Envy also has harmful and dire consequences, as it brings personal suffering to the envious person because the thoughts and feelings that a person releases will come back to him

He who gives love and altruism will receive in return affection and altruistic treatment, while he who sends forth thoughts of greed, selfishness and envy will bring these things upon himself in equal measure

Why shouldn't a person steal?

What would the world be like if everyone lived by stealing, robbing, and extorting? In that case, the most heinous and atrocious crimes would be committed There would be fierce fighting to protect property and recover stolen goods

Theft is an act that is contrary to social norms and deprives others of their rights, and therefore it is against the laws of existence, and societies do not have the appropriate facilities and effective methods to deal with the perpetrators

When thieves are imprisoned, their old habits may become more ingrained, and they may also

acquire new bad habits while associating with other criminals If this happens, they will be far worse off upon their release than they were before entering prison

We ask you, Lord, to bless us so that we may not hear evil, see evil, speak evil, or breathe evil

We neither touch evil, nor sense evil, nor think evil, nor dream evil

The forces we use every day:

Our sensory perceptions

- and our feelings

- and our intelligence

All of it is borrowed from God, and we cannot live a single second without Him

However, while we use His gifts, we do not think about Him as we should, nor do we give Him the attention He deserves

Rather, we pursue sensual pleasures and worldly ambitions in complete alignment with and total connection to the material world

This is the root cause of all our pain and suffering

God created us in His image, and therefore we cannot know the taste of true happiness unless we discover His presence within us and taste the nectar of His bliss in our souls

Nor can we possess the blessed power necessary to obtain, by will, what we need daily

Unless we realize that God is the source of that strength, we must rely on Him and turn to Him

With hearts grateful for all the blessings that He showers upon us in a continuous stream

If you are grateful, I will surely increase you [in favor]

When our hearts overflow with gratitude to the Most Generous Giver, they become sacred temples for His glorious presence, and that is the greatest achievement one can attain, for the purpose of life is for man to be in harmony with his Creator, to draw near to Him, and to know Him

{Seek first the kingdom of God and his righteousness, and all these things will be added to you}

By constantly remembering God and thinking kindly of Him, we will realize that He is our beloved, that we are His chosen ones, and that we have a share in His bounty

The kingdom of bliss, love, light, and goodness

When we contemplate God’s abundant blessings, the greatest of which is the possibility of employing freedom of choice in following the right path that leads to conformity with higher purposes and attaining spiritual happiness, every day becomes filled with renewed inner joy, and we feel a blessed current flowing into our lives, so gratitude fills our hearts, and life has taste and meaning

The person who, through contemplative thinking, can see the divine law that operates in a mysterious way never ceases to praise, thank, and humble himself before Him to whom all love, praise, and gratitude are due

Let us remember God, the source of all good in existence, and let us blend our remembrance with

sincere love emanating from the depths of our hearts

To God, from whom life flows, love radiates, and blessings pour forth without ceasing

Let us remember fondly all those who lit a candle for humanity, or sowed good seeds in the soil of the world, or spread enlightened ideas, or encouraged good deeds and noble conduct

Let us open our hearts to love, let us make our minds receptive to enlightening inspirations, and let us ask God for help and guidance

In what we think about and do

Fear poisons the heart

The human mind is a vast storehouse of energy or vital activity

This activity is constantly used in muscular movements, the functioning of the heart, lungs, and diaphragm, cellular metabolism, blood chemical reactions, and in the functioning of the motor sensory organs (nerves)

In addition, a large amount of vital energy is spent on thinking, emotion, and will

Fear weakens vital activity and is one of the fiercest enemies of active will

Fear squeezes and hinders the activity of life that usually flows regularly towards the nerves, so that they appear as if they have become paralyzed, and the body becomes sluggish and its vitality decreases noticeably and significantly (fear is a nerve blocker!)

Fear does not help eliminate the cause of fear It weakens the will and prompts the brain to send a

hindrance signal to the body's organs Fear poisons the heart, impairs digestion, and causes numerous physical ailments

When awareness remains focused on God, you will fear nothing and will be able to overcome every obstacle and impediment

With courage and faith A "wish" is a desire lacking energy, while an "intention" is the resolve to do something: to fulfill a wish or desire But "will" can be expressed by saying: "I work tirelessly until I achieve what I want"

When you train your willpower, you can unleash and direct forces of vital activity, rather than wishing for something without doing what is necessary to obtain it

We must not lose hope, but rather realize that God gives us opportunity after opportunity to improve our circumstances, elevate our ideas, and create new and useful things for ourselves and others in life

If we are not happy with our lifestyle, we should explore new ways and methods that will give us a degree of satisfaction and psychological comfort

We should think about doing something that will improve our circumstances and make our lives meaningful and worthwhile, and then put that into practice

What is urgently needed is a change in consciousness or a modification of its course

We must resolve that we will not allow problems to affect us and throw us off balance, and

that we will not let worrying things spoil our lives, occupy our feelings, and ruin our atmosphere

And that we will not be victims of harmful habits and damaging traits, and that we will be free and unrestrained like birds in the sky

There is no need for people to remain stagnant and unchanging The veils of illusion must be stripped from the essence of the soul so that it may shine with its purity and strength, revealing the noble splendor that God has bestowed upon humankind

God blesses good efforts, legitimate ambitions, and determination to succeed

Behind our lives lies the power of the Supreme Spirit, and behind our will lies the cosmic ocean of the Divine Will

We are an integral part of that boundless ocean When we reach it and swim in it, our consciousness expands and we feel our vastness

Thinking about it brings us closer to it, and contemplating it leads us to it

The continuous effort to harmonize with it provides us with knowledge, determination, and energy

Daily preparation of consciousness brings divine love and heavenly blessings

It flows to us without interruption and grants us a generous share of the ocean's treasures

There is a divine consciousness latent within every human being a consciousness waiting for the opportunity to express itself

And to get out of the narrow and restrictive cellar of the ego

Just as a person wakes up from a disturbing nightmare to realize that what he saw was nothing but a dream, so too does divine consciousness urge a person to wake up from the nightmare of slumber and confusion to a new awareness and sound understanding of the meaning and purpose of life

If we wish to experience the dawn of spiritual awakening and witness the lights of certainty, we must listen to the inner voice

We respond to its prompting We must remove from the path the stones of illusion and the rocks of ignorance that hinder the soul's progress and impede its movement

And let us knock with the hand of longing on the door of awakening from the slumber of apathy, so that we may breathe in the breezes of bliss and bring heavenly electricity to every thought of ours and every feeling of ours

And every one of our works

We ask God Almighty to open windows of awareness in our consciousness, to fill us with the light of wisdom, to surround us with His love, and to encompass us with His eternal compassion

Among those who came to me, there were people to whom I told from the beginning, frankly, that their motives were not sound, and I asked them to change those motives

A few of them did not like what I said, but others responded and changed for the better

Hypocrisy does not lead to a good outcome, and even the wisest of the wise cannot hide what their eyes reveal

A person's entire history is written in their eyes

If you wish to know someone's true nature, ask God to reveal that person's true character to you

Because you don't want to be deceived, you will feel deep in your heart its true nature and your intuition will not be wrong

When we speak to our companion, we should look directly into his eyes and speak with confidence, certainty, and truth

When we shake hands with someone, we should convey to them the magnetism of our love and sincerity, and try to help them as much as we can

The seeker of knowledge must be positive and work on developing his spiritual magnetism; then God will give him the power to help others and transmit blessed vibrations to them

I may travel beyond the farthest planets and stars, but I will always be yours Your followers may come and go, but I will accompany you and be yours forever I may be tossed about by the waves of countless incarnations and feel lonely and alone, yet I will always be yours

The world, preoccupied with your games, may forget you, but I will always remember you My voice may fade and I may fail

But in the words of my soul I will whisper: "I will always be yours"

Trials, illnesses, and death may tear me apart and scorch my body, but as long as there remains a glimmer of hope in my memory

Look into my dying eyes for through them I will tell you: "I will love you forever and I will always remain faithful to you!"

I tell you truthfully that I received the answers to all my questions not from people, but from God, the source of all generosity

And the source of all knowledge in the universe

He is my sole inspiration in life, and when I speak, I ask him to charge my words with his power, his truth, his love, and his light I feel waves of joy engulfing me because his greatest love pours into the soul like gentle breezes on hot days, and its pouring continues powerfully day and night, week after week, year after year, so you do not know where the end is

Humans think they need love and wealth from human sources, but behind every love and behind every wealth

Divine love that does not change and spiritual wealth that cannot be measured by earthly riches Whoever realizes that God is the source of all love, bliss, and grace will find it and be extremely happy with it

More teachings and reflections of Master Paramhansa Yogananda

Sincerity is the cornerstone on the spiritual path

Rather, it is the pillar upon which the soul’s connection with its Creator is based

This means turning to God with complete confidence

We speak to him frankly and intimately

In the simplest language the language of the heart

We ask him to help us

So that we may strive towards Him and rely upon Him

To soothe our hearts

And it frees us from distress and annoyance

And from everything that may stand in our way

He tries to turn us away from our spiritual purpose

Ultimately

There is one goal for all our tests and experiments

It motivates us to do our best

We entrust matters to God

And how fortunate is he who possesses this understanding

Without it we live in conflict and strife

Without knowing the reason

But on the spiritual path

We know that the hardships we face

Its purpose is to make us humble before God

We empty our thoughts and feelings

From false pride and illusory grandeur

So that God may fill us with His light, wisdom, and love

In that self-submission to God
The sweet connection lies in it
Let us remember that as long as the sense of "self" is dominant
There is a tendency to distance oneself from God
Believing that we have enough strength and wisdom
So that we can stand on our own two feet without support
We solve our problems ourselves
We fear that if we submit to divine will
That we will not be happy with what God sends us
This is evidence of a lack of faith in God
But sooner or later
We will have to turn to God
Every person will discover this truth in their life
Unless he has already discovered it
This is not a discouraging or negative idea
The sweetest pleasure in existence is
The feeling that we are in his presence
Safe and secure from life's surprises and the blows of time
That is the nature of humility and the characteristic of the humble
And therein lies true spiritual strength
And the greatness of sincerity
And the depth of love
And the beauty of contentment and submission

{Not mine, O Lord, but Your will be done}
(We put our trust in God)
In order to touch our spiritual nature
We must strive to demonstrate higher consciousness in our lives
When difficulties strike, we must remind ourselves
That we are not weak and that we possess the appropriate tools to deal with it
We must not allow responsibilities and problems to disrupt our peace
It takes away our peace
We came into this world to develop ourselves
Exploring our spiritual potential
Not to plunge into the dark seas of illusion
Which involves countless risks
If we want to get to know our spiritual self
We must be honest with God and with ourselves
And sincere in our dealings with people
And that it be the strongest desire in our lives
It is about recognizing our divine source
From Him we originated and to Him we must return
No matter how long our absence in the world of alienation
Even if the atmosphere seems gloomy and sullen
We must keep our faith
That the sun will rise again
And that good in life outweighs evil
Love is stronger than hate

And those who are on the right path
They will arrive no matter how long the distance seems and how far the destination is
And if worries multiply
It must be dispelled by loving God and communicating with Him
Through sincere heartfelt prayer
And asking him to strengthen our resolve
It helps us to correct the course of our lives
The prayer will be answered with encouraging flashes
The clouds will clear and the horizon will appear clear again
Dealing with life's pressures
One of the benefits of in-depth research into God
It is the ability to relax
Where tension decreases, apprehension lessens, and worries subside
When we lose the ability to enjoy life
Participating in healthy recreational activities
We are being more serious and nervous than we should be
The soul, in its pure essence, does not feel tension or nervousness
Rather, it is the " ego " that experiences those states
We shouldn't take things too seriously
So that the intensity of the "ego" decreases and its grip loosens
People often talk about the pressures they feel

And the psychological stress they experience under the weight of the many demands

But we must not allow ourselves to become prey

For any type of difficulty

Let us always remember that God has given us strength

Enough to deal with all the challenges we face

It is impossible for the soul to feel exhausted and fatigued

The body may feel tired

But when we attribute physical weakness to ourselves

We remain confined within the small scope of the self

When we face obstacles

We must seek divine help

Assuring ourselves that we are capable – with God’s help – of overcoming it

And that it comes as a catalyst to awaken our dormant powers, which, when awakened, are capable of

By dealing with difficulties and problems of all kinds

And that our true nature is the spirit

Whose essence is peace, serenity, tranquility, and calmness

And that these blessed elements are within us

It is an integral part of our spiritual being

Man is a spirit, and his spirit cannot be defeated

Because it is of an immaterial nature

When we possess this awareness
We feel those forces active within us
We feel that we are moving forward and making progress
Our trust in God and in ourselves grows stronger
The intensity of the difficulties decreases
So that we can deal with it
A constructive approach based on confidence, comfort, and balance
With every experience that appears in the sky of our lives
During this earthly journey of ours
We must know how to broaden our horizons and awareness
And how can we be more understanding of the circumstances that surround us or that we go through?
We will then be able to live in better harmony
And to deal more smoothly and safely with people and life
When we take a deeper look at the world's civilizations
We explore the hidden secrets of ancient civilizations
A large image emerges, with tangled lines;
Varied in seasons, meticulous in detail
We find that man is both individual and social in nature at the same time
Every human being has the desire for both an individual life and a social life

He has individualistic tendencies and a desire to belong to groups and clans
Even in ancient times
There is evidence that early humans
He possessed the idea of solidarity within groups
In everyday life, we find that excessive interaction with others
It does not bring great happiness
Nor does excessive isolation bring happiness
God wants us to practice moderation
And to create a balance between our individual lives and our social lives
Individual and collective principles in human beings come from a higher source
God is the One, the Eternal Refuge
Beyond the stars, the universe, and human thought
Beyond feelings and dreams
It surpasses all sensory perceptions
He is One, Unique, a Being in Himself
Perfect in its essence and attributes
Where no sun shines
No moon rises
No fire shines
Rather, it is His divine light, which is unparalleled
There, beyond the darkness, is not dark
And the soundless silence
And nothing other than the created
There is the eternal essence
Which is the origin of existence

And the source of all powers and beings
Both the visible and the invisible
God created this universe so that
It operates according to a fixed and unchanging law
If we violate any of the universal laws, we punish ourselves
Anyone who jumps from the roof of a tall building will have their bones broken
Therefore, we cannot ignore the law of gravity
Without suffering the consequences
In this world
Humans can act freely
But only within a limited scope
And if he violates divine laws
He will punish himself or destroy himself
God has established those immutable laws
He wanted it to work in our favor
Because without it we cannot find our way in this life
God also gave us freedom of choice and placed conscience within us
To distinguish between good and evil, beneficial and harmful
When people choose the paths of evil
They violate God's universal laws
They are setting in motion cosmic forces
Unavoidable consequences result
Due to the violation of those laws
In doing so, they punish themselves
{Indeed, Allah does not wrong the people at all, but it is the people who wrong themselves}

But those who observe its laws
And they comply with his suggestions
They live in peace
And through them, the eye of insight is opened
They walk with confident, certain steps
They feel they are walking safely
On the paths of life
Thought is a tremendous force in your life
If you knew how to cultivate that strength
And use it correctly
Do not allow weakness to seep into your thinking
Be cautious when associating with people who have negative ideas
And a pessimistic outlook, lest their weak ideas seep into your mind
Unless your mind has reached a certain level of strength
So that the ideas of others cannot weaken him
On the contrary
He is able to strengthen the ideas of others
And to boost their self-confidence
Those who fail should associate with those who succeed
The weak should associate with those who are stronger than them
As for those who lack self-control
They should be accompanied by those with good character and self-discipline
The gluttonous person should eat

With someone who can better control their appetite

Then he will be able to say:

"I too can control my appetite"

When you make a decision and promise yourself to stick to it

Do not let your resolve waver if something happens that contradicts your decision

Continue to have confidence in yourself and believe that you possess all the strengths you need

To achieve what you aspire to, no matter how unlikely it may seem

If you outwardly say "I am ready for her"

And you said to yourself, "I can't"

By doing so, you reduce the power of thought

It weakens willpower

You will need a will stronger than your own

To energize her and inspire her with determination and resolve

My advice is:

Develop willpower

Think positively

You will find that your physical, mental, and spiritual powers

Working together to design and shape every aspect of your life

In whatever way you want

The ant feels its body

Her sharp eyes see a limited field around her

A person knows their body, their environment, and their family

And some other things that are familiar to him

As for the universal human
He realizes that his body is part of the human family
His thought encompasses the universe in its physical and mental dimensions
He realizes that all of existence lies within his mind
If a person can transform their consciousness into spiritual ecstasy
The universe will fade from his mind
Because it is a person's thoughts that give the universe the appearance of reality
Without thought, the universe would have no reality
Human beings have become accustomed to either remaining vigilant and preoccupied with life's problems
Or he might give in to sleep and forget the world
But humankind has enormous potential that it has yet to activate
And if you learn about spiritual ecstasy
How to get rid of body consciousness and involuntary sleep consciousness
He will awaken in the supreme, blessed consciousness
When a person is able to stay awake
Or from immediate sleep by will
He will be able to reach a high state of consciousness
There is no limit to its enjoyment

He will experience the bliss of conscious, voluntary sleep
Anytime, anywhere
The Butterfly of Immortality said
My greater self
Lives in every heart
In all countries
and my strong will
It pulsates in every corner
And it awakens the sleepers
With endless ethereal suggestions
As for my lesser self
Imprisoned in the timed body
The butterfly is still in its earthly cocoon
soil adhesive
The doors are locked
Bound by a thousand iron ropes
O my captive soul
O you who bathe in the sunlight
And you breathe in the elixir of life
And you drink pure water
Do you dream of possessing all the good things in existence?
And your size is small
And your heart is weak!?
Wake up from your slumber!
Expand
Stretch out
Renew yourself
Unite with your higher self
And you will become
Eternal Butterfly

Resistant to restrictions and limitations

Self-Realization

Adapted translation by: Mahmoud Abbas Masoud

Auditory and visual clarity

It is not the eye that sees

Rather, it is the mind and energy that shape things

A person can develop a listening ear and a seeing eye

In reality, the world is completely different from what a person sees

The sounds he hears are those that fall within the range

The vibrations it is able to detect

Clairvoyance is also called intuitive hearing

Or hearing through insight

Because the normal ear is unable to pick up

Inaudible sounds

The faculties of sight and hearing exist in the soul

It is possible to awaken the latent powers in all the senses

By training the mind and developing its cognitive abilities

The power in our eyes is similar to X-rays

However, we cannot see the objects that X-rays penetrate

Because we have not yet developed a harmony with that level of vibrations

Our heightened senses are impaired by the limitations of mental powers

Clairvoyance occurs when the life force aligns with certain elements

Transparent vibrations Just as X-rays penetrate walls

The human eye has the same ability, and that type of vision

It is called "visual clarity"

It is possible to test the strength of visual clarity

When the visual powers of the eye are doubled

Or raise the level of vibrations of the life force that permeates everything

Actual clairvoyance does not harm spiritual progress

On the contrary, it helps to transfer or transform consciousness

From the physical level to the spiritual level

But the images that emerge from the subconscious mind

It stems from illusion and imagination, and must be avoided

The seeker must pass the tests of dreams to reach a state of spiritual awakening

Where he is fully aware that he is in close harmony with a high level of

He is present and feels an outpouring of refreshing joy that permeates his mind, soul, and body

The whole matter is intense activity in a different vibrational order

The Kingdom of God is within man

But he must demonstrate it through constructive work and proper reflection

We must not allow anything to hinder our progress

The self must be manifested through purifying the mind, improving morals, and deep contemplation

God always listens to the calls of the soul

But his response is so subtle and transparent that it is sometimes difficult to discern

Who continues the search?

He maintains his spiritual zeal

God will be found

His share will be plentiful

His fortune is great in this world and the hereafter

Please visit the Suida Yoga website and the Facebook page of Master Paramhansa Yogananda

http://wwwswaidayogacom/

https://wwwfacebookcom/masteryogananda?ref=hl

A tourist in your land

You are the source of joys and pleasures

You are the essence of love and the jewels of wisdom scattered in the fields of eternity

You are freedom and liberation from all illusions

You are the absolute unity that is not subject to division

You are the universal consciousness

You are the beginning and the end

And the ultimate goal, beyond which there is no other goal

I am a tourist in your land and a traveler on your paths

Take my hand and guide my steps to the nearest paths that lead to you

I am delighted to get to know you

Your blessed orchards, laden with delicious fruit, call to me

To visit it and enjoy its abundant fruits

How sweet are the fruits of knowledge, and how delightful is its mystical nectar!

I wish I could always crave the nourishing, refreshing fruit of the soul

And I drink from the waters of peace that overflow from the rivers of sacred love

Grant me purity of heart and serenity of soul

Wash my being with your radiant waters, cleansing it of all impurities and filth

I long to feel your presence and see your beautiful face

I have always imagined his exquisite beauty, and my soul has longed to see him

Fill my being with gratitude and appreciation for your generous hand and abundant favors

May my heart beat with love for you as long as there is a star that twinkles and a heart that beats

Bless my thoughts so that they may automatically turn to you, so that they may be blessed by the beauty of seeing you and seeing your beauty

Grant me the ability to capture your undulating melodies in the vastness of the ether
I am intoxicated by its celestial melodies that the angels long to hear
Oh, how I wish I could feel your blessed spirit in every atom of my being
And nourish my senses with Your divine sustenance, which is the bread of existence
In it is the elixir of life and the spring of eternity
Oh, how I wish I could breathe in the sweet breezes of your presence
In oases of longing and passion
And I saw the lights of your love shining brightly
In the sky of my soul, which yearns for you
When the breath calms, the soul finds peace
Awareness levels are rising
This can be achieved through meditation
And trying to retain the calming effects
For waves of thought and a feeling of inner peace
Reflecting on God and being optimistic about good things
They are sufficient to keep the soul filled with the power of the divine spirit
Words devoid of spiritual power
It is like straw without grain
Therefore, when we read, we must contemplate the spirit of the meanings
And to focus on what it suggests
Reaching the source of ideas behind meanings

God is the pure source of all that is wonderful and beneficial

He is the Lord of Peace, who reigns on the throne of tranquil thoughts

He guides the actions of a clean and honorable person

And he achieves his legitimate aspirations

Let us open the door to spiritual peace

Let the angels of silence enter gently

To the structure of our business and activities

Let us perform our duties with composure

Filled with the spirit of peace and peace of mind

And behind the beats of our hearts, we will feel the pulse of divine peace

Let's delve deeper into the concepts of experiments and tests

Whether through ideas we read in useful books

Or problems we need to deal with

Or philosophies, opinions, and beliefs

Or spiritual happiness

Let us enter the sanctuary of our deepest thoughts

And we enjoy the flowing peace

From the springs of tranquility

*Note: There are numerous examples that can be given illustrating the close relationship between human breathing rate and changes in states of consciousness A person engrossed in a complex mental dialogue or attempting a precise and strenuous physical effort will automatically breathe

very slowly Concentrating attention depends on slow breathing, while rapid or irregular breathing accompanies harmful emotional states such as fear, unbridled sexual desire, and anger A monkey breathes at a rate of 32 times per minute compared to only 18 times per minute for a human Elephants, tortoises, snakes, and other animals known for their longevity have significantly slower breathing rates than humans For example, a giant tortoise that lives for three hundred years breathes at a rate of only 4 times per minute

From the book: The Philosophy of India in the Life of a Yogi

By Paramhansa Yogananda: Autobiography of a Yogi

Since it is impossible to achieve any material accomplishment

Or making any progress in any field

Without spiritual freedom

Or guidance and wisdom from God

Let us raise, first and last and always

Verses of thanks and gratitude to God

In order to perfect our work

And to complete it to the best of our ability

And so that we may feel the joy of accomplishment

With a renewed surge of energy and enthusiasm

With all my gratitude and appreciation

To the source of all goodness

Upon His countless blessings

Which overwhelms us every day of our lives

We often consider those blessings to be our right
Although millions in this world are deprived of it
Every time we thank God for His blessings
The more goodness and blessings we receive
If you are grateful, I will surely increase you [in favor]
{Give us this day our daily bread}
Let us remember that he who takes everything in life
However, it is a fact that he is the one who misses the target
Heartfelt gratitude brings inner peace
It brings joy and peace of mind
We feel God's closeness to us
His concern for us and his compassion towards us
If we live like this
And we adopted this path
We will reach a sublime state
From bright, positive thinking
And the feeling of being close to God
That's a wonderful case
It contains peace, joy, and refreshment
When the soul feels that spiritual connection
Streams of joy flow towards her
Emanating from the divine presence
God then becomes the most prominent truth in our being
We become more capable of dealing with circumstances and new developments

In that case, love becomes a reality
Hatred is pure illusion
Because God is love
There is no essential existence
Except for Him alone in this existence
Dreams and illusions
Beneath the blanket of earthly hopes I lay for a long time
I dreamt that I was seated on a magnificent, luxurious throne
My face was adorned with a bouquet of smiles
But the moments of laughter and joy did not last long
Instead, they withered and scattered one after the other
Then I saw myself wrapped in tattered rags
And stretched out on the harsh rocks of poverty
In the grip of fierce hardship and misery
I cried bitterly
But my tears flowed
And no one to look or console
The world walked ahead of me and looked at me with mocking silence
My heart cried out, seeking your help, O God!
And as my ceaseless supplications reached your depths
She finally woke me up
And with overwhelming joy, I found myself safe and secure in your presence
Away from the grip of confusing and perplexing dichotomies

Oh Lord, I wish you would awaken all of humanity

From a world of smiling dreams of wealth and weeping poverty!

Deliver them, O Dream Maker, from the terrible nightmares of death

And renew with them the awareness of eternity

And bless them so that they may realize – through lasting peace –

The horrors of earthly deception

They are nothing but dreams and illusions!

Supreme inspirations

O Divine Creator

O Lord of the Universe

O You who manage and set in motion the planets, stars, and galaxies

Your just rule dictates granting free will and freedom of choice to your citizens, which will help them to develop themselves and draw closer to your sacred principles and ideals

You have bestowed upon us eternal freedom and planted within us the seeds of universal consciousness But unfortunately, we have shackled our universal consciousness behind the bars of selfishness, hatred, narrow-mindedness, and blind fanaticism

Lord, help us to melt – with our warm love and brotherly understanding – all the artificial, icy barriers and obstacles between us and others

Help us to use a vigilant conscience and sound judgment in self-control and to walk uprightly on the paths of life

And bless us to multiply our spiritual richness and our empathetic compassion by expanding the circle of our national love to include all the inhabitants of the earth, regardless of color, class, gender, and belief

O Lord of the Universe, let us respect and cherish the independence of all human beings born free

And bless us so that we may build a united world and elect you as our spiritual leader for life

From the depths of the soul

Oh Lord, let the embers of my longings glow

Your holy presence is ever-present

I have built a temple for my longings

In every one of my ideas

Would you please visit me?

And you sat on the throne of my love for you?!

May my thoughts follow your wise guidance

May you be the greatest joy in my life

From the gateway of thinking about God and reflecting on Him

I will enter the Temple of Sustainable Peace

Today I will light a bundle of sticks to represent worries and fears

To illuminate the temple of God in my soul

I will seek God in the solitude of my soul

And I will pray fervently until my heart beats with love for him

And I feel His response to my prayers

Oh, if only the spark of my life could mingle with the sun of God

And it flashes in all eyes that love goodness

I will sprinkle the world torn apart by wars

With thoughts of peace and love

I will enter the divine sanctuary

And I touch cosmic consciousness

Through the joy of contemplation and divine love

Divine protection surrounds me always and forever

And the light of God accompanies me and dispels the darkness around me

As long as I walk in His guiding light, I will not stumble

I will not stray from the right path

Living emotions

O Spirit of Existence and Master of the Universes

You are behind my sight, through which I see your apparent beauty

And behind my ear, with which I listen to the mixture of earthly sounds

You are behind my touch, with which I feel things in your earthly world

And beyond the veil of nature that hides your beautiful face

I see you in the comforting gaze of the flowers

And I taste you in the flavor of nourishing food

I sense your divine essence and your eternal sweetness

In all the good things and wonders that exist

I pray to you, Lord, and you are behind my trembling voice

And behind my mind, with which I pray

You are beyond my deepest feelings

Beyond my sacred thoughts and aspirations and my longing for you

You are beyond my reflections and beyond my tender love!

Oh, if only you would emerge from behind the veils of human emotions

And the breathtaking natural scenery

Open my spiritual eyes so that I may see you exactly as you are!

Life without God is incomplete

When we connect with God, intuitive understanding will inspire us and guide us in everything we do

We must consciously possess that blessed power That power is within us; we simply need to uncover it

You will find that this power is at work in everything to improve your circumstances and make things easier for you When you connect with this power, your well-being will pulsate with cosmic energy, and your thoughts will become more refined, focused, sharp, and penetrating You will realize that your souls are vessels for God's living truth and His inexhaustible wisdom

God is the source of health, prosperity, wisdom, and eternal joy When we connect with Him, our lives become complete and fulfilling

Life without God is incomplete We must think about that supreme power that gives us life, energy, and wisdom

We must pray that this truth may flow into our minds, this strength into our bodies, and this unending joy into our souls

Behind the darkness of closed eyes lie the wondrous forces of the universe, and all good souls and noble spirits

And the infinite expanse of the spheres of the soul

If you reflect, you will realize the absolute truth and you will see its wondrous work in your lives and in all that is wonderful and glorious in creation

On the paths of longing
God is calling me
Through open souls
And kind hearts throbbing with love
And it is full of faith
Every good deed done by the disciple
His awareness is one step closer
From the threshold of cosmic consciousness
Let me go inside, Lord
To behold your divine beauty
And I am blessed to see your radiant lights
If my life is guided by Your divine wisdom

Therefore, my efforts are bound to be crowned with success

I will not go astray

Bless me, O Lord, so that my vision may be clear

My soul is purified
Then he saw the sun of certainty
And I relish knowing the truth
Today I will forget my past difficulties
I will face the present and the future
With boldness and confidence, with the help of the Almighty
I will charge my body with cosmic energy
And I wash my being with the healing light of divine consciousness
Like a cosmic nebula
Peace fills my consciousness
And he felt God's infinite presence
O Lord, enlighten my insight
Fill my mental vessel
With understanding and knowledge
May the light of your love shine forth
On the paths of my life
In the Blue Islands archipelago
From my balcony, I gazed westward, and soared on the wings of imagination to the shores of the distant horizon To my right and left, I saw two mountain ranges that soon turned a mysterious purple hue
When I looked again, an unseen hand had enveloped them in a veil of deep blue Behind me lay the city of Guadalajara, bathed in the twilight The eastern sky was now tinged with soft pink Looking ahead, my eyes beheld a magical city of blue islands floating in a lake of gold
In this archipelago of magical blue islands, a massive hill of blue limestone rose, surrounded by

gray-white volcanic clouds that spewed forth geysers of fiery red-gold lava, cascading slanted like a rainbow towards the tranquil lake Intense golden flames enveloped the blue islands in blazing halos of light

The blue peak and its fiery crown were reflected like twins on the surface of that silent golden lake And to the far right, a small, tranquil lake shimmered, nestled against the breast of one of the blue islands like a full moon swimming amidst waves of clouds

I wandered for a long time in the city of sunset and mirage-like clouds, floating on the surface of the lake with its delicate golden light And how magnificent were those golden waters studded with red ice clusters scattered in every direction to the edge of eternity

I thought that beings of light were good souls on this earth, and after successfully passing all of life’s tests, they were allowed to have fun and embody their dreams as they wished

Every day at sunset, those beings would intensify their heavenly dreams in ethereal cities surrounded by seas and lakes of gold

There and behind the grip of sorrows and beyond the traps of this earthly world with all its tragedies and pains

There, beyond the annoyances, those beings breathed red lights, drank orange rays, moved away, drew near, roamed, and swam amidst multicolored lights

Here, those beings would instantly realize their dreams and embody their fantasies as they wished, then dissolve and vanish at their will

Here she enjoyed the treasures of contentment and satisfaction, and generously granted the dreams of all who visited her in her wondrous, magical world

Here, she was not obliged to wait and wish like humans in order for her dreams to come true and her wishes to be realized, but she dreamed as she wished and achieved all those dreams and wishes by her own will

That sunset city in the Islands of Dreams was one of my dreams that lingered in the folds of the subconscious, and today it has come true in every way!

Truly, I have seen the hidden treasures and treasures of my soul, and their light has overwhelmed me and their brilliance has dazzled me!

Paramehansiat: Spectrums of Divine Ecstasy

Humility, O Lord, is the surest way

To receive the rain of Your divine mercy

I will place my trust in your divine justice and in the principles of truth

Realizing that you are responding to the call of love and the longings of the heart

In close cooperation with your overall will

And with my absolute faith in you

I will receive your help and feel close to you

Today I will do my duty towards you

Just as I fulfill my obligations to the world

O Greatest Beloved

You are the ethereal echo reverberating in the sanctuaries of hearts

And you are the voice of feelings that ears cannot pick up

Being blessed with your love is immeasurably greater

From all worldly considerations

And all earthly glories

With my absolute faith in you

I see the shadows of the illness fading away and going away without return

I will see you, Lord, from the windows of nature and the doors of peace

Shower us with your blessings

And immerse us in the waves of Your cosmic energy

Keep selfishness away from us

Which prevents souls from drawing closer

And their meeting was based on love of goodness and light

Let me water the flowers of my supplications

With the waters of thinking of You and meditating upon You, O my God

So that new, vibrant flowers may sprout

From inspiration, peace, and happiness

The only way to avoid wrongdoing is to develop sound judgment to recognize wrongdoing and resolve not to do it

One wrong fighting another does not produce a right Ignorance is humanity's true enemy and must be banished from this world We have

everything we need in this world to usher in an age of prosperity, happiness, and perfect justice

The only obstacle is human selfishness, which makes this impossible Terrible and unjustified suffering is caused by human selfishness and the pursuit of self-interest without any regard for others

Money that could be used to feed and clothe the needy is instead used for destruction and devastation This selfishness, born of ignorance, is the root cause of global problems

Everyone thinks they are doing the right thing, but when they pursue only their own personal goals, they set in motion the karmic law of cause and effect, which will inevitably destroy their own happiness and the happiness of others

The more I witness the world’s tragedies caused by human ignorance, the more I realize that happiness will not last even if the streets are paved with gold

Happiness lies in making others happy, and if everyone did that, everyone would be happy

And everyone would get their share of the earth's bounty

Since we came into this world from where we do not know, it is natural for us to wonder about the origin and purpose of life

We hear and read about a creator of this world, but we don't know how to reach him All we know is that the entire universe proclaims the existence of his divine mind

Just as the small and precise parts and devices of a small watch make us admire the watchmaker, and just as the large and complex machines of a factory amaze and impress us about their inventor, so when we see the wonders of nature, we are amazed by the intelligence hidden behind them, and we ask: “Who gave the flower a vibrant shape facing the sun? Where did its fragrance and beauty come from? And how were its petals formed with such extreme precision and dyed with such wonderful, joyful colors?”

At night, the stars and the moon, scattering their silvery light around us, inspire us to contemplate the consciousness that guides these celestial bodies in the vastness of space The moon's gentle light is insufficient for daily activity, and so a wise and gentle mind suggests rest during the night Then the sun rises, its bright light allowing us to see the world around us with clarity and serenity, and we take it upon ourselves to fulfill our needs

There are two ways to fulfill our needs: the physical way and the spiritual way When our health deteriorates, for example, we can go to a doctor for treatment But there comes a time when neither a doctor nor anyone else can help, and we turn to the second way; to the spiritual power that created our body, mind, and spirit

Material power is limited, and when we fail, we turn to the unlimited power of God This also applies to our financial needs When we do our best

and still don't receive enough, we turn to that power

Everyone thinks their problems are the worst Some people feel more pressure than others because their resilience is weak Due to differences in people's mental strength, they expend different amounts of energy If someone faces an overwhelming difficulty and their mind is weak, they will not be able to overcome it Those with powerful minds can overcome their difficulties by breaking down barriers and shaking their foundations Yet, even the strongest people sometimes face failure When we encounter overwhelming physical, intellectual, and spiritual troubles and hardships, we realize how limited life force is in this material world

Our efforts should be devoted not only to achieving good health and material security, but also to searching for the meaning of life

What is the purpose of life? When difficulties overwhelm us, we first turn to our surroundings, attempting every possible material adjustment we believe will provide relief But when we reach a dead end and say, "All my attempts have failed, what more can I do?" we begin to seriously consider finding an effective solution to our problem And when our thinking becomes sufficiently deep, we find the answer within ourselves This is a form of answered prayer

In the stillness of my soul

Let me meet you, Lord!

Possess me, and let me feel your eternal presence
Within me and around me
In the solitude of my thoughts, I long to hear your voice
Keep the loud earth noises away from me
Hidden in my memory
I would like to listen to your calm, soothing voice
And the singer is always in the tranquility of my soul
My God, where You are all-existent
You must be present
Deep within my being and conscience
Help me to show even a small part
From the hidden treasures in my spiritual mine!
O radiant light
My heart is awake
My mental health
Fill my spiritual temple with your glory
O eternal North Star!
Wherever I wandered and however I turned
The magnetic compass needle of my mind keeps pointing towards you
Whether you are stricken by the winds of misfortune
Or drenched by the rains of hardship and calamity
My mind was guided, however
To always turn towards you
My beloved bird, beating its wings

Amidst the clouds of confusion
and the storms of confusion
He will definitely find his way to you
In ancient times
In the heart of the ether
When we came into existence as spirits
We were all falling asleep
Under the blanket of divine love
And when God awakened us
We drove away from him
As in the story of the prodigal son
We have forgotten the divine bond of kinship between us
We became strangers to each other
And since we have abandoned our heavenly home
We have become in this world
Travelers traversing the corners of the earth
We walk the paths of destiny
We have gone too far
We have moved far away from our original home
However from time to time
Some places, experiences, and faces awaken us
Buried memories and deep inner feelings
She whispers to us
We feel as though we are experiencing it all anew
Things we already knew
We meet and connect with loved ones
We were close to them

In the distant past
O Creator of the universes
Your light shines in the great ones
May their divine knowledge inspire our understanding
Let us realize that you are the ultimate goal
What we strive to achieve
The greatest ambition
Which we aspire to achieve
Refresh us with the fragrant breezes of your presence
Fill us with longing for your glorious presence
May our being be nourished by Your divine wisdom
Let us feel your holy light
It permeates every aspect of our lives
And it strengthens our resolve
And dispels our darkness
And may peace envelop us
and optimism
And the desire to do good deeds
Between the Prince and the Enlightened Hermit
Once, a tyrannical prince went on a hunting trip with his servants and attendants, fully equipped and armed They ventured deep into the forest, blowing horns and beating drums
After hunting some birds, deer, and ferocious tigers, the prince and his entourage realized that they had lost their way
They had plenty of food but no water Despite their tireless search for water in the forest, they

found none They had no shelter from the attacks of the ferocious beasts of the night, as darkness rapidly approached

The sun disappeared from sight, and the prince, who was leading the caravan, came to an old, dilapidated hut After he dismounted, he pushed open the unlocked door and entered the hut Everything inside was dark except for a glimmer of light in one of its corners, and he thought despairingly, "Even the hut is deserted"

But driven by hope, he called out, "Peace Is anyone here?"

To his great surprise, he heard a calm voice replying to him calmly, saying: "Yes, I am here Are you looking for water?"

The prince stared for a moment into the darkness until he glimpsed the ghost of a human being, and was astonished that the man knew his thoughts even before he had met him or recognized him

The prince asked his host, "Who are you?" The host replied, "A poor ascetic devoted to God"

The hermit lit a lamp and the prince called his entourage, and they felt great joy at finding water and fruit in that remote forest

The prince asked the hermit, "Aren't you afraid of tigers and snakes?"

The hermit sheikh replied: "Of course not, tigers are my pet cats, and snakes are peaceful to me We are friends who always bask in the sun of God's love that shines on everything in this existence"

As the prince peered more closely at the hermit, he was seized with terror when he saw a pair of cobras dangling from the hermit's neck When he drew closer to confirm what he had seen, the snakes hissed and squirmed, fluffing their heads, for they sensed the tremors of fear and the vengeful lurking in the prince's heart

Moreover, at that moment one of the forest tigers entered the hut and lay quietly at the hermit's feet After the man of God comforted it and patted its head, the tiger quietly left, heading towards the heart of the forest

The arrogant prince thought to himself, "This old man must be righteous and kind-hearted, for he protected us from wild animals and deadly thirst As a reward for his deed, I will make him rich" Then he addressed the hermit, saying:

"O Sheikh, your face shines with kindness and sincerity, and I appreciate all that you have done for me and my entourage Therefore, I want to entrust you with a secret by which you will become rich and wealthy This secret I am revealing for the first time, and only to you"

No sooner had he uttered these words than the prince took a stone from under his cloak and continued speaking, saying:

"I want to entrust you with this family treasure It is the Philosopher's Stone, and perhaps you will become rich by using it This stone makes gold, and it was given to my father by one of the great alchemists It has the ability to turn everything it touches into pure gold You can use this stone for a

whole year and turn stones into gold, then sell them to buy yourself a palace of gold I will come back to you after a year to visit you and retrieve my stone, which I consider more precious than my life"

The hermit did not want to accept that responsibility, but in response to the prince's persistent urging, he agreed to keep the philosopher's stone The prince saw the hermit carelessly place the stone under his belt (where people used to put their money for fear of pickpockets!), and then the prince went on his way

A year later, the prince returned with his entourage, expecting to see a magnificent palace instead of the dilapidated hut But he was disappointed when he saw that the hut was still standing and in worse condition than before So he dismounted from his horse and pushed open the door, calling out at the top of his voice: "Are you still alive, hermit?"

The hermit replied in a strong and deep voice: "Yes, praise be to God, O Prince Welcome to my humble home"

Immediately and without preamble, the prince shouted: "What's wrong with you, man? What did you do with the philosopher's stone that I left with you? Why didn't you use it to become rich?"

The hermit thought for a moment and then replied: "What is this philosopher's stone you are talking about, and what do you mean by saying that I should become rich? In truth, I do not want to be richer than I am"

Panic seized the prince, thinking that the old hermit had lost his stone due to his indifference towards it, and he said in a voice tinged with pleading: "I mean the priceless philosopher's stone that you put under your belt a year ago? [Eddie, with your belt], tell me what you did with it?"

The hermit replied: "That's right that's right now I remember your precious stone One day I was deep in thought about God when I went to bathe in the river, and I think the stone slipped from my clothes and was swallowed by the water May you be safe"

The prince cried out at the top of his voice, "Oh, my irreplaceable loss! I have lost everything!" and nearly fainted from sheer astonishment The hermit splashed cold water on his face and revived him, while the prince's henchmen approached the sheikh, their eyes blazing with malice, trying to harm him But the hermit laughed and said, "Oh, Your Highness, of such high standing, I did not know that you would raise such a fuss over a stone Come with me to the river, and I will search for your stone and try to find it"

The prince replied, "Have you lost your mind? Do you want to search now for a stone that fell from you and was swept away by the current a year ago?"

But the hermit paid no heed to his words, and shouted at him, saying: “Little Prince, there is no need for all this fuss Wait until we search for the stone in the river Come with me, all of you”

As if under a spell, the prince and his entourage responded to the hermit's transparent magnetism and silently followed him to the river There, the hermit asked the prince to take his handkerchief from his pocket, hold it by its four corners, and dip it into the river, praying thus:

"O Prince of Princes, King of Kings, and Maker of all Philosophers' Stones, return my stone to me"

No sooner had the prince done so and lifted his handkerchief from the water than he was astonished to see with his disbelieving eyes more than twenty philosopher's stones, identical in properties to the original one he had lost Upon testing each one, he found that every single one could transform ordinary beach stones into gold The prince then tied the stones in the handkerchief and threw the bundle into the river

The hermit and his entourage shouted at him, "Why did you do that?" But the prince looked at the man of God, bowed before him respectfully, and said:

"I want, sir, to have what you have the one who considers stones that make gold to be worthless pebbles"

And so the prince abandoned his earthly kingdom in order to learn from the wise old man how to obtain the kingdom of the spirit, which is not contained by space and is not subject to annihilation

The moral of the story is that earthly wealth, however valuable it may seem, is fleeting and

must be left behind in this lowly world when the body becomes a cold, lifeless corpse

Instead of using the philosopher's stone, which here symbolizes the ability to accumulate only fleeting riches, we should be like the ascetic who has devoted his time and ability to obtaining divine wealth that is inexhaustible and imperishable

Whoever comes to know God will possess riches beyond dreams, and if necessary, will give up material possessions as if they were stones, in the hope of acquiring spiritual wealth and enjoying true riches

In our dealings with others

It is very important to recognize and appreciate

Distinctive traits and noble qualities

Which they distilled from their experiences

And they shaped it from their own being

If we study people with open minds

We will be able to understand them and deal with them comfortably

We will also be able to immediately

Knowing the nature of the person we are dealing with

Don't talk to a philosopher about horse racing

Don't argue with a scientist about home organization

I know what interests the person and what captures their attention

And he told him about that subject

Not necessarily about things that interest you

If we want to understand others

We should avoid criticizing and condemning them
Instead, we should look in the mirror of our own discernment
To find out what needs to be fixed and improved?
That psychological mirror is very different
About the familiar mirror we look into every morning
Every day I look into that self-mirror
If I find something I don't like
I blame myself and work hard to correct it
In this way, a person sees his image
Reflected in its true form in the mirror of his soul
And it progresses day by day
On the road to happiness and peace of mind
May God bless you
Peace be upon you

Network of Longings

Here I am, casting the net of my longings
In the vast sea of my thoughts
You have often escaped me, O precious divine prey!
However, I continue to delve into the depths of peace
And without ceasing, I cast the nets of my love towards you one after the other
I must one day catch you in the net of my endless longing for you
I throw this net of love of mine everywhere

Above the turbulent waves of life
And about the twinkling stars
And in the depths of good souls
All I know is that I'm a hunter
And I will continue trying to catch you
O dearest wish and greatest treasure in existence!

I ask Him to tear down the veils of ignorance and dispel the darkness of illusion, and to be the greatest ambition in your life and the strongest longing on the throne of your desires, and to help you transform lethargy and procrastination into a spiritual activity pulsating with joy, renewal, and enthusiasm I ask Him to give you to drink from the wine of divine love until you are intoxicated, and to visit you with a holy visit in which there is solace, and to wash your heart with the waters of love and gratitude, and to light in your being the lamps of certainty, and to melt your dreams in the reality of His blessed sea, and that you find in Him contentment and satisfaction, so that tranquility may dwell in your soul and the blessings of heaven may descend upon you

Stillness means calming thoughts
Calming the body and controlling its needs
Whoever is able to do that will experience a refreshing tranquility
He will feel sublime waves and impressions from refined worlds
And whoever delves deeper into stillness, then
He will discover the kingdom of God within himself

As long as a person is walking on the road
Every moment of his time is very precious
We are here on this land (the passage house) for a short time
Everything is transient, but the feeling of God is enduring
Nothing can erase it from the heart and soul
We must not allow the temptations of this world to sway us
By turning us away from our greatest purpose and our highest goal: God
Getting to know God is possible
We must find the master of the universes
From whose light the stars twinkle
And with His power hearts beat
We must look for him in the Temple of Silence
When we call upon God with longing and yearning
And when we think of him with burning longing
We will find him
I am not talking about an unknown god
Rather, it is about a Lord I have come to know
And it's true for me
It is more real than all physical things
It is the divine sea that sustains and sustains the waves of our human lives
We can do without everything
Except for God
{So exalted is God, the Sovereign, the Truth}
(Blessed are the pure in heart, for they shall see God)

It is natural for a person to feel the need to love and be loved But this longing of the heart is ultimately for the source of that love, which is God

Human love is based on many expectations, calculations, and subjective considerations, therefore there is no guarantee of its permanence because it is bound by conditions

Divine love, however, is unconditional, constant, and enduring If it touches your heart, you will find it with you always

In all circumstances, you will feel it as a source of protection and reassurance, even in the midst of hardship and misery

Amidst the suffering and arduous trials

Everyone may abandon you, but that sacred love will not leave you, will not let you down, and will not leave you prey to worries and illusions, because it is a protective force and a guiding light from heaven amidst the twists and turns of life

When human love is charged with divine love, it becomes pure and clear But if you separate the stream, which is human love, from the spring, which is divine love, it stops flowing and loses itself in the sands of the world

As long as human love is connected to divine love, it softens the heart, refreshes the conscience, and waters the gardens of the soul with the water of life

Love: A stimulant of the will

Everything I do, I do with all the love in my heart

If you try it, you'll find that you don't feel tired at all

Because love is the greatest stimulant of the will, and a will under the influence of love possesses an extraordinary power to do things that may seem impossible to some

On the paths of spiritual awareness

Attraction and the opposite sex

Personal appearance should be clean, neat, and tidy

It's not wrong for a person to look attractive

As long as that appeal is subject to good taste

But it is wrong for a person to deliberately use sexual attraction

To attract the opposite sex

The attraction between a man and a woman should stem from the soul

Those who possess self-control

They do not boast about being sex symbols

They have a better chance of attracting the right life partner

In successful marital relationships

Love comes first, not sex

This should be the ideal and the standard

In some countries, kissing or intimate contact does not occur

Between young men and women before marriage

When two people feel unconditional attraction towards each other

They would be willing to sacrifice one another

True love is genuine

Only then do they become eligible for an intimate relationship within marriage

Possessiveness is useless

When one spouse tries to control the other

This is evidence of a lack of love

But when they express their love

With sincere and friendly interest

And careful consideration of feelings

And a sincere desire to make others happy

Love acquires a sublime quality

And in such a relationship

We receive a glimpse of divine love

Life without understanding is spiritual and material suicide

Blessed are those who have understanding

It is the greatest need on the spiritual path

And on the paths of life

Understanding is a flashlight

It illuminates the path of man and brings him success

Before one can reach the ultimate goal of life

He must possess that essential and important ability

Therefore, one must not allow misunderstanding to blind him

Because it is spiritual and physical suicide

Understanding should be a guiding force in every situation

No matter how difficult the experiences we go through

We must have the correct understanding

God does not cause us harm or pain

We are the ones who help or harm ourselves
Through our understanding and comprehension
Or our misunderstanding and lack of understanding
We must pray to God to gain understanding
Regardless of the experiences that are presented to us
Or the circumstances we are going through
Only understanding will protect humanity
When my experiences become more intense and severe
My first attempt is to find understanding within myself
I neither blame circumstances nor try to correct others
But I go inside first
I am trying to cleanse my spiritual fortress
And removing anything that might obstruct that inner light
Or it prevents the powers of the soul from manifesting
Or it prevents her from expressing herself
That's the way to live successfully
Escaping from problems may seem like the easiest solution
But a person gains strength when he fights a strong opponent
Those who have no difficulties do not grow and their resolve does not strengthen
Fear fades when we have understanding

Understanding provides security and protection

I have faced so many experiences in life

And the most difficult of those experiences were with people

They misjudged me

I have seen people I have loved

People to whom I gave my heart

They misunderstand me and turn against me

But that did not create bitterness in me

Because bitterness clouds understanding

I will not allow myself to get hurt

Because of others misunderstanding me

Instead, I try

Help them if they are receptive

Send them good intentions

And good wishes

When you sit quietly

Your mind will be free from any pressures

Be alone with your thoughts and get away from the world and its demands

Use your mind constructively every moment

Great things are first produced in the mind

That's why I keep my mind active all the time

As soon as the opportunity arises

I immediately activate his creative powers and the results come

Try to do something creative every day

To improve your circumstances and control your destiny

Instead of letting him control you

Health can be improved

Or establishing good habits
Or achieving material and spiritual success
By focusing carefully on each one
At one time
Everything I wanted to accomplish in this life
I managed to achieve it
Matter is a product of the mind
Therefore, there are no psychological limitations for the mind
If you can control your mind
The whole world will be drawn to you
I got everything I wanted
It was and still is my greatest desire
Spiritual happiness is in God
My wish was granted and I feel indescribably happy
A person should not feel like a failure, hopeless, miserable
He can control his destiny by controlling his thoughts
Do the useful and good things you intend to do
He possessed an internal design that was decisive in promoting positive change
You will be able to change your destiny
And improve your circumstances in life
With His help, may He be exalted
I come like a breeze from paradise
The disciple must analyze himself every day
To find out if he is making the progress he aspires to
When we learn how to analyze ourselves without bias

We will be able to know ourselves and others
He who lives in this world with understanding and leaves it with awareness
He will find immortality
I strive to build the lives of my disciples
And direct their thoughts towards the source of happiness and the source of light
That's why I focus on the spiritual aspect first
Without neglecting the material aspect of life
And I desire those who wish to know God in heart and soul
Because God cannot be known through intellectual debates
Or by listening to loud, emotional sermons
Which creates an internal agitation in the soul
What I carry in my soul is extremely sacred to me
I can't speak randomly
I am only speaking about what I have tested and verified
Through self-knowledge and life experiences
For this reason, these teachings are true for me
I am not trying to preach, but to present those facts
Which I gathered from the garden of my personal experience
I come like a breeze from paradise
Carrying the fragrance of truth
From the Gardens of Eternity
I don't ask for anything for myself
My only wish is to give you

That heavenly fragrance
And after that I leave the shores of the earth
To return once again to the cosmic heart
And what I give you I want you to experience for yourselves
Through your own harmony with God
That is my only wish
Keys to Abundance
Whoever wishes to harmonize their thoughts with divine abundance
He must uproot all the weeds of want and poverty from the soil of his mind
The universal mind is perfect and knows neither need nor stinginess
And whoever wishes to harmonize with that cosmic storehouse
He must create an awareness of abundance and prosperity
Even if he doesn't know where the next meal will come from
We should think of divine abundance as a refreshing and copious rain
It falls equally on everyone
If someone lifts a cup, their cup will be filled
And if you place a large pot (or container) under the rain
It receives its fullness as a pure and blessed rain
What vessel do we use to receive the abundance of heaven?
The container you want to fill may have defects and holes

Therefore, it must be prepared and made suitable to receive the blessed flow

This also applies to humans

If the vessel of reason that raises him towards the treasury of heaven suffers from impurities

It must be repaired and made receptive so that it can absorb the abundant blessings

That awareness needs to be repaired and corrected

By freeing him from all fears and doubts

Envy and hatred and cleanse it with purifying water

Waters of peace, tranquility, sincerity, and divine love

The whole world is stepping aside to make way

For that person who knows his destination

He sets off towards it with the determination of a seeker

Keys to Abundance

East-West Inner Culture

If you have a strong mind

And she instilled in him a firm resolve

You can control your destiny

Try testing your mental strength in small things first

Work on strengthening it so that it can accomplish many great things for you

I have experienced this in my life and I speak with conviction

The power to achieve success lies in the mind

You will realize this fact if you hold fast to your conviction
In the face of the world's doubts and the discouragements of the discouragers
Choose a specific hobby or project that others wouldn't think of
That you can do it successfully
Persist in it until you accomplish it
Start with modest goals
Your mental powers will gradually grow
Until you are able to achieve your goal
The world and your family categorize you in a certain way
But work intellectually and persistently
On effective change
There are no limits to the power of the mind
Focus on this idea
Fill your mind with the drive to achieve
And the determination to do positive work
Towards achieving your goals
Keep pushing your thinking towards higher achievements
Spiritual wealth was attained
And all will be wealth and prosperity
At your command and at your service
My life testifies to that
Who are the truly happy people?
Humans must learn altruism
Finding happiness by making others happy
It is a true and noble goal for those who love God

Giving happiness to others is vital to our own personal happiness

It is a test full of self-satisfaction

Some people only think about their family and do not care about others

Others think only of themselves and no one else

But these are the ones who do not taste happiness

It is not right to seek personal happiness

And ignore the happiness of others

Someone who takes other people's money for themselves without any pangs of conscience

He may become rich, but he certainly will not be happy with his life

Because their thoughts of resentment and discontent will surround him and rob him of peace of mind

When a person tries to make themselves happy at the expense of others

Everyone will try to make him unhappy

But if he tries to make others happy

Even at the expense of his own comfort

Everyone will remember him fondly and wish him success

When we think about our own needs

We must also consider the needs of others

When we care about their affairs, we want to help them and make them happy

The altruistic person lives in harmony and contentment with himself

With his family and with the world around him

While the selfish person always gets into trouble

He loses his peace of mind

The story of the naughty boy who underwent a spiritual transformation

When I was supervising my school in Ranchi, India, a boy who was older than the average age of the students was brought to me I told his parents who brought him that I accept boys under the age of twelve, but I would accept him if he was good

I spoke to the boy in a heartfelt manner, saying to him:

"You smoke, but your parents don't want you to smoke You have succeeded in breaking your parents' will, but you have not succeeded in getting rid of your unhappiness, and your unhappiness will increase if you continue with this harmful habit"

My words hit their mark, and he began to sob, saying, "They are always hitting me"

So I said to him: “Think about what you have done to yourself! Nevertheless, I will accept you as a disciple on one condition: that I be your friend, not an informer against you As long as you are honest in correcting your mistakes, I will be of help to you, but if you lie to me, I will do nothing for you because lying destroys friendship You can hide the truth, but beware of lying”

I accepted him as a student and told him, "Every time you feel like smoking, I will bring you cigarettes"

He came to me once and said: I feel a strong urge to smoke (craving to the point of death)

I handed him the money, and he couldn't believe his eyes He said, "Keep the money," and indeed he changed his mind

I gently urged him to go and buy tobacco, but he didn't Instead, he said:

"You may not believe me, but I have completely lost the desire to smoke"

As a result, and with further education and refinement, he became of a good nature and his spirituality became very clear

Finally, I was able to awaken his spiritual consciousness

The signs of spiritual awareness can be seen and felt through the self-effort of going against the current of old, misguided habits towards true and lasting happiness

You may read or hear about someone who pursues something and keeps trying until the end, but few are those who make such a sustained effort

However, a person can make an effort until his situation changes for the better, even if his mistakes are as deep as the sea

Alone I traversed the ocean shore

And I saw the crashing waves roaring in a great clamor

Expressing your stormy life in the raging tide

The terrifying, violent expansion

It made me tremble and move away from the terrible fury of nature

As I looked around, I saw a shady tree waving friendly arms at me
Comforting with a kind, sublime look
Its leaves swayed to the rhythm of the breeze
A gentle message was conveyed to me, which I knew was from you
I turned my gaze towards the boundless sky
And in its darkened heart, I tried like a child to steal a glance at you
I searched in vain for your body hidden behind mounds of clouds
And the spray of foam and green leaves, because it is too gentle for my eyes to see
Your voice is too pure for my ears to hear
However, I knew you were close very close
But you, dear soul, were slipping away – as in a game of hide-and-seek –
Every time I get closer to you, trying to catch you
I searched for you and sought a way to you
By concealing ignorance as old as time itself
Finally, I stopped searching for you in despair and hopelessness
Oh you who are skilled at evading your pursuers!
I have lost myself in the labyrinths of space
Where there is no hope of catching you or staring at your face
And I turned away from you in haste, and there was no answer from the stormy sea!
Just whispers from the good tree
And silence from infinite space

From deep valleys and mountain peaks
All of this hurt me to the deepest depths of my being
Like a child whose feelings have been hurt, I disappeared and stopped searching for you
But suddenly and unexpectedly
An unseen hand reached out and removed the thick veil
Who has hidden you from me for ages and ages
With the greatest pleasure
I turned and saw a laughing sea, not an angry roar
And a happy world
And ethereal doors open, through which the fog of dreams passes
And beside me stood a dear, unseen being
He whispered to me a whisper of utmost sweetness and purity:
"Welcome, welcome! You wanted me to come, so here I am!"
Whispers From Eternity
Because thanking God means loving Him
We seek to get closer to him and get to know him
Because He is the most generous divine giver of all gifts and presents
It means living in harmony and accord as a loving global family
We are motivated by ideas of mutual service and friendly concern for others

And to realize that God is the supreme ruler of this world

And that we work to raise awareness from dense to subtle

And from confining thought to narrow, selfish interests

To expand the circle of human compassion

And to work on building a world dominated by love of goodness and a spirit of altruism

In this way we can express our gratitude to God

For this life which He has bestowed upon us

And on the opportunity he gave us

To test true beauty

And actual peace

spiritual love

And pure joy

If we love God with our hearts, minds, and souls

We are thus storing up for ourselves an imperishable spiritual treasure

We ensure that we have everything we need in this life

Many have spoken about God

Many were amazed by his masterpieces

Many have read about him

But those who experienced his presence

And those who tasted its sweetness are few

These are the ones who know him

When we know God, life is sweet

Life is full of joy and bright hope

May hearts be filled with gratitude to God

Despite His overwhelming favors
And His countless blessings
Every human being can be a mediator
Through it flows spiritual magnetism
But selfish desires
And the love of revenge
and hatred
Deficiency compounds
All of these limit the flow of that magnetism or force
It is a mistake to obstruct or impede its flow
Psychological balance helps to reveal magnetism
When one is gentle and kind
It exhibits magnetism
Meditation is the laboratory by which
We can discover the blessed powers within us
When the heart is filled with the love of God
And eyes are filled with its light
Magnetism becomes spiritual in nature
There is a big difference between spiritual magnetism
Of sublime influence
Animal magnetism
Driven by passions and instincts
It is important to distinguish between these two types of magnetism
Spiritual magnetism is based on altruism and benefiting others
Animal magnetism is driven by selfishness and exploitation of others
A person should not be afraid

Except for fear itself
Because it is the biggest enemy of success and health
It poisons the mind
And it brings the things one fears
It intensifies the pain
And it destroys the heart
It causes damage to the nervous system and brain
Therefore, it must be eliminated
By believing in God
Positive and creative thinking
Optimism and hope
Trust in divine protection
And that whoever loves God
And he walks in His light
The darkness of fear cannot overwhelm him
Because God is with him
Whoever has God with him is in good hands
balanced life
It is based on possessing wisdom
and developing internal forces
By developing concentration skills
And possessing intellectual freedom
And the ability to repel negative influences
And not allowing it to penetrate the layers of consciousness
So that the sky of the soul and the light of insight are not obscured
Living according to moral and ethical principles

A correct understanding of the law of cause and effect

And burn the seeds of bad deeds

With the fire of deep contemplation and supplication

And laying the foundation for a happy spiritual future

With good intentions

Good deeds

Sound and clean logical thinking

Prayer for the disciples

Seventy years ago, the teacher Paramahansa wrote down this prayer

In it, he asks for divine grace, help, and guidance for all seekers

On the paths of spiritual awakening

Lord, help me to remember You more than I remember myself

And may you be the greatest king, enthroned upon my heart

Bless all who come to me

My only wish for them is that they may feel your blessing and experience your love

You are my life

And you are my love

You are my treasure and my refuge in existence

And to you I pledge my unwavering loyalty

May the light of your love shine upon the altar of my longings

And to awaken love for you in all receptive hearts

You have given me will, determination, and strength

So that I may bring the souls longing for you

The souls of my brothers and sisters, despite their different backgrounds

Make me a transparent mediator

May the light of your knowledge flow into their hearts

And it dispels from her the shadows of sorrows, fears, and worries

I offer you my deepest thanks and appreciation from the bottom of my heart

Because you have blessed my life with your complete presence

Help me spread your message

A message of love, peace, and goodness

I do not want to glorify myself, but rather to glorify you

Let inspiration be behind my words and writings

So that the vibrations of my voice and words may convey your inspiration

And so that your strength may flow from my will and determination

My greatest desire is to be blessed with your favor and to have your will done

All the researchers who come to me

I present them to you as a bouquet of good souls

Shower them with your grace

And fill them with your peace

And in this final chapter of my life

I ask you to be the sole guide for my steps
And the most sacred inspiration for my thoughts
Let my highest ambition be
Directing people's minds and hearts towards you
I ask you to protect the disciples from all harm
And give them to drink from the springs of your living waters
And she takes care of them and protects them
In wakefulness, sleep, and dreams
And may your care accompany them wherever they are
now
In every time and place
From the sayings of the sage Paramhansa Yogananda
People complain about the idea of giving up certain things in life
Although they are actually giving up many valuable things
Not least among their concerns is peace of mind; they sometimes even sacrifice themselves
For perishable and ephemeral money
Wealth may be taken from a person or taken from them by leaving the world
He cannot take it with him
The only true value of money is in spending it on beneficial things
And in bringing happiness to oneself and others in a way that pleases God and one's conscience

Those who think only of their own security and comfort

Forgetting or ignoring the needs of others

They are in fact flirting with poverty

Which will be theirs one day

Those who cling to their wealth instead of using it for good works

They do not bring prosperity to themselves in their next life

Instead, they are born poor, with the desires and cravings of the rich

As for those who share their wealth and prosperity with others

They attract good fortune and abundance wherever they go

When you give to those who deserve it willingly

You will find that God is always with you

He will never leave you

With His help and care, you will need nothing

Put your trust in God, and His help will come to you and His care will encompass you

We must not forget that our lives come directly from God

When we realize that our minds, our wills, and our activities

They all depend on God and derive their strength from Him

We will then receive direct guidance from him

We will realize that our life is one with His infinite life

The world is teeming with natural and man-made storms, and God is the impregnable shield and safe haven from the storms, hurricanes, and evils of this world

Wherever God is, there is no fear or sorrow The true believer stands firm and resolute in the battles of life and the trials of events, certain that God is with him, protecting him from harm and never abandoning him for a moment Thus, fear vanishes from his heart, and unwavering certainty of protection takes root

Being fearless means having faith in God and His protection, and believing in His justice, wisdom, mercy, love, and omnipresence

Fear deprives a person of their psychological strength, clouds the mind, and impairs the heart's natural rhythms Furthermore, fear creates physical disturbances and can cause psychological illnesses

Instead of succumbing to anxiety and psychological confinement, a person should assure themselves that they are safe under the protection of God, the All-Seeing, the All-Hearing, secure in His impregnable fortress, and encompassed by His mercy and care

Whether a person is in the jungles of Africa, on a battlefield, suffering from illness or poverty, they must convince themselves that God's hand is stronger than the danger and capable of protecting those who seek refuge in Him

There is no more effective way to protect oneself Of course, one must use logic in dealing with events while simultaneously placing complete

trust in divine help Faith never means being reckless or acting unwisely in the face of circumstances Rather, regardless of what happens, one must assure oneself that God alone is capable of helping in difficult and trying times if one turns to Him with all one's heart, soul, and senses

Life is shrouded in darkness, and sometimes feet falter and hesitate to move forward We must let God's light be our guiding lamp as we walk the dark paths of life He is the full moon in the nights of ignorance and darkness, the sun of radiance in the hours of awakening, the beacon of guidance, and the North Star for those traversing the seas of earthly, fleeting darkness

Problems will persist in the world, so where can one turn for guidance and direction? One's own thoughts, influenced by habits, prejudices, preconceived notions, and biases, are of no use, and the influences of one's environment, family, country, or world are incapable of providing the right guidance

Therefore, one must turn to God and listen to the calm, peaceful voice emanating from the depths of the soul, in harmony with the truth

The difference between mental contemplation and spiritual introspection

If a person programs himself with theoretical knowledge

It will become a portable recording device

He repeats proverbs and utters lofty phrases

Others consider him a learned scholar

But such knowledge

It is not reinforced by a direct perception of the truth

And no spiritual attainment can compare to it

This type of education or intellectualization

The "ego" remains linked to the sensory mind

Which is itself limited by the physical senses

Theoretical knowledge cannot acquire divine knowledge

It is advisable not to waste one's precious time

Based on theories that cannot be applied in reality

Otherwise, he will find himself in the midst of a dense intellectual jungle

Unable to transcend the scope of theories

This process will not lead to knowing the truth

Because the truth lies beyond opinions and theories

Many who adopt this approach

They become bound by their own subjective conclusions

If a person uses their mental powers

To earn money and material things, nothing else

His consciousness will be drawn to the physical world

It becomes entangled in endless complications

Therefore, the wise say

A person should not devote all their mental abilities to

Which God gave him to seek fleeting things

Otherwise, he will lose himself in the labyrinth of matter

He creates for himself restrictions and limitations that he doesn't need

Therefore, he should instead use his mental faculties

In obtaining the necessities of life

And striving to develop his moral qualities

In order to distinguish between right and wrong, harmful and beneficial

And when he develops his spiritual insight

He will be able to feel God within him

And certainty of spiritual truths

Hidden behind the veils of dense matter

This state is called spiritual introspection

One of the most important elements of spiritual growth

It is the habit of whispering thoughts to God

You will personally witness a wonderful positive change

You will absolutely love it

Whatever our concerns may be

God should take first place in our lives

When a person wants to view a show

Or buying new clothes or a new car

Isn't it true that his mind is preoccupied all the time?

With regard to those matters and how to achieve or obtain them?

He will not rest until his desires are fulfilled

Rather, he continues to work tirelessly to fulfill those desires

Thus, the human mind should be preoccupied with thinking about God

And then all the lesser, smaller desires will be transformed

To a strong desire to feel God and communicate with Him

When the mind whispers to God a heartfelt, fervent whisper

Emanating from the depths of a longing soul

The call of the soul will touch the cosmic heart

And the answer will come, and with it great joy

Intellectual whispering cultivates willpower

Until you possess enough strength to achieve the desired goal

When a person's mind and will are in harmony with God

They are charged with limitless power

So that simply thinking about something becomes enough to achieve it

Because divine law works in favor of those who are in harmony with the supreme will

All the outstanding achievements in my life

Achieved through the power of the mind in harmony with God

When the divine generator is running

Everything I wish for comes true, without exception

It first appears as an ethereal, invisible design

Then it materializes with irresistible force on the ground

The secret of growth

We grow through every experience we go through, as long as we realize we can learn

valuable lessons from them For all the pain and suffering we experience has meaning and purpose

Despite the harshness of the trials, they are like fire that melts iron ore, transforming it into beautiful, durable, and versatile steel

And the steel of wisdom that we extract by the burning fires of trials is a wonderful thing For life purifies us by transforming our base metals into precious elements so that we can live in this life as souls as pure as jewels, as hard as steel, and at the same time flexible and bendable without being exposed to breaking under the pressures of hardships and difficult trials

When we see faces distorted by anger, scarred by brutality, their sight makes us yearn to banish the ugliness from our own souls—a soul untouched by anything but evil intentions and deep-seated grudges that obscure the blessed divine image within us, just as soot mars a mirror The painful actions of others should awaken in us the desire to improve our own behavior and control ourselves, so that we may be masters of our unruly passions, not slaves to them

Kind words are a wondrous remedy for many ailments, possessing a powerful, almost magical, magnetic force that brings abundant blessings and prosperity to their speaker Those who use soothing, gentle words feel a subtle current flowing through them without interruption, their being filled with an abundance of tranquility This is because that current is connected to its higher source, ever-flowing and perpetually reaching

souls in harmony with it They will then be able to transmit this flow of happiness to souls yearning for peace

Every day, a person looks in the mirror to see their face because they want to appear at their best to others How much more important, then, is it for them to stand daily with themselves and gaze into the mirror of inner analysis to discover what lies behind the glittering surface appearances? For everything that is outwardly attractive derives its appeal from the inner self And nothing can tarnish the mirror of the soul Pureness is like psychological distortions such as anger, resentment, envy, and hatred Whoever tries to free themselves from these compounds alien to the nature of the soul will radiate the light of inner beauty from within and will taste what the person with a tranquil soul feels

Through analysis we discover that human problems are threefold: there are problems and disorders that attack the human body, others that attack the mind, and a third category that blocks the pathways of the soul

Illness, old age, and death are the difficulties and obstacles the body faces Psychological illnesses, however, invade the mind through sadness, fear, anger, repressed desires, resentment, hatred, emotional obsessions, feverish nervous agitation, and the psychological cancer that paralyzes mental faculties The most dangerous illness, however, is the illness of the

soul, manifested in ignorance, from which all other diseases spring and spread

Universal human

Inspired by the teachings of Master Paramhansa

Across the separating seas

In a remote corner of existence

The cosmic human appeared to me

With lavish radiance

It mimics the sun's rising and brightness

His home was in the heart of the pristine forests

I saw him strolling in the golden meadows of wisdom

With the vitality of youth

And the joy of children

He dreams of the magical radiance of the new moon

He moves between countless houses

He emerges with lightness and agility

From the gates of centuries and ages

For a moment the strange shape appeared

Then he disappeared

Then it emerged again

Defying fading and disappearance

Jeweled like the ether of the infinite heavens

And many torches shone from his face

Tales of burning longing are told

And the burning feelings

And youthful beauty

And pure youthful love

Sparks of radiant faith emanated from his eyes

And a rosy glimmer of confident hope
And lightning that dazzles the eyes
For firmness and capability
It illuminates the corners of the universe
Its range reaches the farthest stars
What unfathomable glory!
Emanating from your oceanic heart, O cosmic human
I have gazed long upon your glorious, luminous form
I saw endless extensions and secrets
It was as if I witnessed the human spirit manifested
In all its splendor and magnificence
East-West Magazine

There is more good than evil in the world

When doubts creep in, we should remember the lives of great people It is true that we are human beings, but God has endowed us with extraordinary powers that we rarely use, so why tremble in fear of old age, illness, and sorrow?

We must do what we can to care for the body, but we must not succumb to fears or bury ourselves under piles of ignorance The body is not the whole person

Good outweighs evil in this world because God is the ultimate power But when evil befalls us, we think we have no power to control it or escape its grasp

Storms of evil are bound to blow, but we can overcome their effects and rise above them

We were not given life to be destroyed by it, but to instill in us an awareness of eternity, and we must remember this truth

Without freedom of thought, one cannot express oneself in a pure, spontaneous, and natural way Remember that you are fundamentally free The power of the will is always free

If you use your willpower correctly, it will create new karma for you, but most people don't want to change or make the effort, so they crumble in the face of difficulties and are unable to face challenges

A person doing whatever they want is not freedom because they are bound by their desires, and therefore their actions cannot be called freedom at all

True freedom means doing everything with a will guided by wisdom A person can control the consequences of their past actions, which will inevitably follow them, if they activate their will and use it for good and beneficial deeds

If you conduct your affairs with reason and willpower, the forces of your past wrongdoings will weaken and your good habits will be strengthened

Deeply ingrained habits enslave us in a way, and therefore we do not live in true freedom

We constantly desire what we lack and become attached to things that are not essential Once something possesses us, we temporarily lose our free will Just as Easterners are enslaved by ancient customs, so too are Westerners enslaved by modern ones We create our own destiny and become its slaves

Why is one child born into a wicked family while another is born into a good one? Each of them used their freedom to live a certain way in the past (in a previous life) and thus brought those circumstances upon themselves in this life

There is no true freedom without God We must think of Him constantly Whatever our concerns and thoughts may be, God must occupy first place in our hearts

And when we truly align with Him, we will be given the ability to accomplish what we must accomplish, at any time, with His divine help

Advice for the disciple

One of the students asked the teacher Paramhansa

To give him some self-development advice, he said

If you want to be loved

Start by loving others who need your love

And if you expect from others

To be loyal and faithful to you

Be sincere and loyal to them

And if you wish that others would not act maliciously and cunningly

Do not allow deceit to seep into your thoughts

Do not act in a way that harms others

If you want others to sympathize with you

Start by showing them compassion

Especially towards those around you

If you want others to respect you

You must show respect to both the young and the old among them

If you want peace from others

You must live a life of harmony

If you want people to be religious

Be spirited and let others feel

You are a good role model and they can rely on you and trust you

In short, everything you want others to show

One of the advantages of good

Show it in your life first

You will find that people react to you in the same way

If you can identify the areas that need

To develop and improve your life

Without feeling discouraged or developing an inferiority complex

And if you work continuously to improve your personality

Then the time you spend will be more worthwhile and beneficial

What if you spent it on wishing

That people improve themselves

Your good example and sound approach

Greater ability to change others

From your mere wishes, your anger, and your words

Kashmus is countless

You are the source of all good things

And the source of all power

Bless us, O Lord

So that we may show Your blessings upon us

In our health

and our intellectual aspirations

In our spiritual expressions

You are the glow in the stars

Energy in atoms

And kindness in hearts

Beauty lies in honesty

Greatness lies in honesty

Help us to recharge ourselves

By your supreme power

With your infinite wisdom

And with your boundless authenticity

Let us recognize that you are a fountain of health

and the environment of life

And the source of all understanding and knowledge

Free us from ignorance and its effects

Of fears and worries

May the flood of your wisdom sweep away

All the wreckage and ruin of our lives

Tear off the veils that hide your face from us

Let us see you with a very bright light

Countless suns on the horizon of our lives

Let us feel you as a constantly renewing force

Our ideas inspire

And nourish our souls

Our bodies feed

And our dreams come true

Amen

Most people don't know why

From their presence on this earth

They believe that the purpose of life

It is the fulfillment of desires

Obtaining the necessities of life

Seeking pleasure and human love

And surrender to the final caller in the end

People begin their lives

Programmers with specific inclinations

And desires that were not fulfilled in the past

And they try – with what little free will they have left –

Imitating the desires and actions of another

If they mix with businessmen

They want to become like them

And if they associate with artists

Art becomes everything to them

God wants us to be practical in this world

He has given us a hunger that requires us to work to satisfy it

But the search for food and shelter

Money and property, nothing else

It means that a person forgets the source of their happiness

It is true that we have to work

In order to obtain our needs

And that we strive to achieve our legitimate goals

But first and foremost

To open our hearts to God

We ask for His guidance and approval in all that we do

Then we must succeed in the school of life

Because we will receive our instructions

From the Great Manager and Disposer

The one who knows what we need

What is best for us?

Therefore, we must place our trust in him

We submit to His wise will

Letters to the teacher Paramahansa from his disciples

The memory of my visit to you still lingers

In Volume XIV of Inner Culture magazine

Letters sent by their authors from different countries

We quote the following from it:

I would like to inform you that through my thoughtful reading of your teachings

I received spiritual enlightenment

The one I've always searched for

Your teachings have opened the doors of happiness for me

* * *

I practice your spiritual affirmations daily

I find that negative thoughts gradually diminish

The fears have dissipated

I enjoy every moment of my life

Thank you for your help

* * *

I receive many blessings

From your spiritual teachings

I eagerly await reading your thoughts

I do my best to apply it to my life

Your teachings are beautiful and beneficial

* * *

I find in your wonderful philosophy

What inspires admiration and inspiration

My deepest gratitude for everything you have given me

From assistance and psychological comfort

* * *

I have an overwhelming feeling of getting it weekly

On a new lesson from your teachings

I find enjoyment and enlightenment in every lesson

* * *

Thank you from the bottom of my heart

To help me understand my inner self

And to make me aware of the latent powers within me

And to show the light of God to my insight

Through the teachings I received from you

* * *

I still remember my visit to you

She has been living in my thoughts for four years

I still remember your complete faith in God

And your love for humanity

It helped me get to know myself

When I thought I was alone

I have no friends and no one who sympathizes with me

It gave me self-confidence and boosted my morale

It inspired me to be courageous in facing life's circumstances

* * *

For forty years

I studied various branches of science and knowledge

But I didn't get anything from all that studying

On something comparable to what I have learned from your teachings

* * *

I benefit greatly from reading your teachings

If a larger number of people

They study and implement your ideas

The world we live in would be

Better than it is

* * *

I would like to thank you from the bottom of my heart

For the blessings that have come into my life

Since I began reading your teachings with focus and attention

Thank you, and may God bless your wonderful efforts

And your work dedicated to serving humanity

* * *

Since I asked you to pray for my success

My situation has improved significantly

My deepest gratitude and my hope that you will continue to pray

* * *

When I received your last message

I was still wandering in the dark forest of doubt

And he was unable to see the path out of that forest

But thanks to God, and your special prayers

The path became clearer and my faith in God was strengthened

My situation improved in every way

And please always remember me in your answered prayers

* * *

Your teachings have helped me a lot

And I gained immense benefits from it

And it was proven to me with conclusive evidence

The effectiveness of your spiritual affirmations and positive thinking

I am overwhelmed with gratitude

Because of the health, joy, and peace I feel

I feel that I am making daily progress in meditation

* * *

Were it not for your wonderful, inspiring teachings

My life on this earthly level would have been extremely limited

I would like to thank you for your special attention

Which she has given me over the past three years

* * *

Thank you for the Spiritual Culture magazine

In which I find blessing and nourishment for the soul every day

I thank God who introduced me to you and your teachings

* * *

I would like to thank you for your monthly letters

I found the last message to be full of inspiration

So that I read it to my students in literature class

They responded positively to its content

It was a happy occasion for all of us

I was very moved by the ideas you included in the letter

So much so that I wanted to share it with my students

This message induced a state of deep reflection

And introspection into the secrets of the soul

I feel it will help me solve problems

And to deal wisely and positively with life's experiences

* * *

Your teachings are priceless

I don't want to miss a single one of your lessons

From the lectures of the teacher Paramahansa
When the soul's happiness soars
Hidden in the depths of the self
A thick layer of fleeting sensory pleasures
The golden glow of the soul fades
And the abilities of the transparent soul are hidden
Behind the density of the material
When one's mind is attracted
To jealousy and envy
And he is enveloped by clouds of fears and worries
He becomes miserable and wretched
And he was powerless
But when he directs the same attention
Towards love, peace, and harmony

He feels extremely happy
The soul feels happy
When you turn away from physical desires
Mixed with suffering and misery
To the advantages of a transparent soul
Full of refined pleasures
If the soul is completely immersed
With the rough pleasures of this world
She becomes uninterested in research
About the highest pleasures
And unable to taste the joys of the soul
Many might argue
that giving up material pleasures
It is almost impossible in this world
Or while living with people
Their ideas revolve around purely material matters
But it is not required of the average person
To abandon the world and go to the mountains and forests
In order to find peace and tranquility
Rather, he must be in this world
Without allowing its powerful currents to sweep him away
So that the turbulent waves of the world do not overwhelm him
He should not be negative towards his surroundings
At the same time
He must not allow materialism to blind him
So that he does not lose touch with his spiritual nature

He becomes unable to taste the joys of bliss

And witnessing the divine lights

Treasures of the Soul

From the teachings of the sage Paramhansa Yogananda

This world is just a dream

Just as there is no fundamental difference in cinematic presentation

Between the sea and the sky, which are two different degrees of light vibration

That's how it is in this world

Sadness, joy, pain, pleasure, heat, and cold are the dreams of this world

We are here today and tomorrow we will descend like clouds mere shadows in the cosmic dream

But behind this fleeting, ephemeral image lies the eternal spirit

Our souls are an integral part of it

God is the one truth We must always pray that temptations will not prevail

Life is a disability that hinders our ability to remember him

When I pray in this way, I get more results than at any other time

Then, even if something serious were to happen, it would not be able to stop me from

Thinking about Him makes me feel safe and secure in His holy presence

Life here seems barren and chaotic until we reach the shore of safety

That is why I always say that I am here to bear witness to the importance and glory of the supreme truth

We should not place our hopes on fleeting worldly goals and fragile material attachments

Such flimsy attachments unconsciously distance us from our ultimate goal

Just as it also distances us from our true selves

The environment creates illusions in people and makes them see themselves as great

The truly ambitious person must rise above that fleeting and temporary environmental awareness

He recognizes the truth within himself, so that this truth becomes his environment

Nature and the only influence in his life

We ask God to inspire us with guidance and to guide us to Him

And to find him before leaving this world

Whatever the nature of the experiences we go through and the pain we endure

We must not lose hope that God's help is near

And He answers every prayer that springs from the heart, imbued with longing

He will not abandon his loved ones or leave them at the mercy of fate

More precious than gold

One day, while a hermit was wandering among the mountains, he stopped to drink from a small stream, and his eyes fell upon a solid lump of pure natural gold shining under the clear waters of the stream He filled his bowl with water, put the piece

of gold in his bag, and then sat by the roadside to rest

At that moment, a young man appeared on the road, panting from exhaustion He approached the hermit and said to him, "I have not eaten today and I have a long journey ahead of me Do you have a piece of bread to feed your companion on your journey?"

The hermit replied, "With pleasure and honor, and I am happy to share with you the loaves of bread I have" Then he pointed to the bag and said to him, "Please take what is available"

As the young man was taking the bread out of the bag, the golden stone fell, so the hermit caught it and put it aside

While they were eating, the young man kept staring at the gold, talking admiringly about it, and congratulating the hermit on his good fortune and on the security, safety, and peace of mind that his yellow stone provided him

When the young man got up to go on his way, the hermit smiled and placed the stone in his hand

The young man was greatly astonished by this sudden wealth that had fallen into his hands, and he set off with overwhelming joy, hardly paying attention to anything

But despite this, strange thoughts persisted, nagging and troubling him, and he was unable to silence or rid himself of them Suddenly, he changed course and returned to the hermit, placing his treasure before his benefactor and,

after greeting him with a bow full of appreciation and respect, said:

"I know very well how precious this stone that you have given me is, but I feel that you have something more precious than this gold, and I implore you by God to be generous to me with that thing that you carry in your rich soul that enabled you to give me this gold!"

In times of prosperity, people thank God
For His abundant and numerous blessings
But when the atmosphere turns gloomy
Bad luck arrives
Complaining and resentment will follow
And most of us are losing our living faith
By Him whose eye never sleeps
We make disasters and difficult situations
Our focus and center of attention
If we look for a positive way out
We would have seen a glimmer of hope
We must trust in divine help
And that He who created us will not abandon us
Despite the difficult circumstances
The struggle of life
And the scene is bleak
If we seek divine guidance with complete confidence, we will receive it
Whoever possesses the faith and trust of children will receive help
All elements of existence will combine
To achieve what he needs
We must feel deep down that we are seen

And that divine help is not far away
We understand that optimism attracts good fortune like a magnet
Emphasizing the bright side of life
It gives us confidence that good exists and is near
And that victory belongs to light, not to darkness and randomness
God is the divine companion
He who does not let down those who rely on Him
And as we think of His closeness to us, His protection, and His help to us
Life will change for the better
The heart will overflow with gratitude and thanks
To Him in whose hands are the treasures of blessings
And the keys to Paradise
We punish ourselves through our irrational actions
We reward ourselves for our proper conduct
Misuse of the mind that God gave to man
It leads to sin, which is the cause of pain and suffering
As for the correct use of the mind
This leads to virtue, which in turn leads to happiness
God has given man a mind
and conscience
free will
Heavenly commandments

If he chooses the right path, he will be rewarded; otherwise, he will bear the consequences of his actions

He must give an account of his conduct during his temporary stay

On this land of God

Man has abused this independence that God granted him

As a result, he brought upon himself ignorance and physical and intellectual pain

Premature death and other illnesses

He reaps what he sows, and the law of cause and effect applies to everyone

A person's present days depend on their past days

His future also depends on how he lives

And he spends his present days with it

And on the quality of the seeds he plants in the soil of his consciousness

Thus, man, although created in the image of God

He possesses within his soul latent divine powers

He loses the right to use those powers because of his mistakes

And the restrictions he imposes on himself

Violating the laws of reason

The soul's connection to the temporary body, which is subject to decay

And succumbing to environmental, genetic, or global influences

It is one of the causes of human despair, frustration, misery, and failures

Therefore, he must correct his course

He recalibrates the compass of his consciousness

If he wants to know himself

And he reconnects with his ultimate source

He fills the vessel of his life with goodness, light, and knowledge

The ocean cannot be contained within a single burst

Similarly, limited human consciousness cannot contain cosmic consciousness

But this is possible for those eager and working to break free from restrictions

And reaching the threshold of unlimited total consciousness

And He increases them from His bounty And Allah provides for whom He wills without measure

Ask and it will be given to you

Knock and it will be opened to you

If you are grateful, I will surely increase you [in favor]

The misuse of words is one of the most lethal and destructive weapons

A major cause of nervousness is harsh and hurtful speech

One should avoid gossiping or engaging in idle chatter

Avoid quarrels and disputes, and get rid of aggressive tendencies

If the husband or wife becomes angry and one of them provokes the other

The best way is for the other person to walk

And to refrain from answering until the storm subsides

And if one of them utters hurtful words

It is best for the other person not to respond with similar words

Rather, remain calm until thoughts subside and the mood cools down

If the wife shouts at her husband and he responds with a loud scream, the husband will suffer twice:

The first time was from her stinging words, and the second time from his decisive words

Therefore, he primarily harms himself

This could lead to divorce or other undesirable consequences

Stubbornness or treating others with a condescending attitude should also be avoided

At the same time, one should not get involved in bickering and fighting

Rather, one should wait until composure and psychological calm are restored

Don't let anyone steal your peace

Do not disturb the peace of others with verbal (or written) insults

The misuse of words is one of the most lethal and destructive weapons

A person may say such things while angry or when emotions are running high

He uses inappropriate language, which he doesn't actually want to utter, and then feels sorry for it

While the other person will remember those words for twenty years

(Sorrow is not easily forgotten)

From this perspective, memory is a bad thing

The power of memory is a blessing if used correctly

But it is harmful if used as a repository for bad things

Which were committed against us

In preparation for entering the paradise of wisdom

The entire process of human evolution aims to calm the storms of ignorance

So that the wave can return to the sea and merge with it again

That is, so that the human life force can unite with the greater spiritual realm

Scientists, businesspeople, and social reformers are constantly trying, indirectly, to pave the way for building a global unity

All scientific, philosophical, and moral schools earnestly strive to gather the bouquet of truth from the gardens of wisdom and to adorn human souls with all that is refined, wonderful, and useful in preparation for their entry into the eternal paradise of wisdom

Through golden discoveries, science directly helps man by providing him with necessities and material requirements, and indirectly helps him to

correct some of his views on many “miracles” and mysterious phenomena

Science tells us that when water changes its vibration order due to cold, it turns into ice that floats on the surface of the water instead of mixing with it or settling at the bottom like other solid materials

This phenomenon suggests to scientists that when Jesus Christ walked on the surface of the water, he must have altered the vibrations of his body by using psychological methods known to saints, prophets, and sages

To bring humanity to the house of universal unity and happiness, all material, moral, religious, industrial, socio-political, and metaphysical activities must join forces and unite their efforts for this purpose

It is possible to agree on fixed standards for global laws relating to health, peace, welfare, education and good morals and standards for spiritual, psychological and practical laws that can give billions of people on this planet Earth integrated and balanced growth befitting a civilized human being and give him happiness and peace of mind

The global citizen should not remain confined to a small life and a small body

Rather, he considers himself a member of the greater human family, guided by cosmic life, and he reflects on the truth that "you are an integral part of the ocean of life"

Awareness is limitless and endless

It extends even to the farthest stars
It permeates every atom in the universe
Even the smallest electrons
A person must feel that they are one with the ocean of cosmic consciousness
And to transcend family and nationality
He recognizes that he is a member of the larger human family
Joy between monotony and diversity
You don't like pleasure that is too similar and lacks variety
Rather, she wants a joy that is dynamic and vibrant
It attracts attention due to its uniqueness
It captivates the mind with its magnificence
And it fills the heart with its sweetness
It keeps you satisfied and impressed by its exceptionally sweet nature
Happiness that comes intermittently
It excites the mind but does not fulfill the wishes
And pleasures that are tainted by monotony breed boredom
And joy that lasts only a short while
Then it fades away, leaving behind regret that is an unwanted joy
And the joy that flashes and disappears
To leave you in a state of confusion and indifference is a joy that is fleeting and painful
As for the joy that changes rhythmically all the time
However, its essence remains unchanged

Like a skilled actor who entertains his audience with different roles and movements
It is what you are looking for and want to own
That joy can be obtained by contemplating the wonders of God
And with regular and in-depth meditation
The inner source of lasting and renewed joy
He alone is capable of quenching your thirst for happiness
Spiritual bliss is the only true ecstasy
Which does not make you bored with it or inclined towards anything else
Everything a person does – good or bad –
It is a constant, persistent effort in the search for happiness
Evil promises happiness but brings misery and wretchedness
As for goodness, it may seem to bestow melancholy
Due to the requirement of discipline and the activation of willpower
But it certainly brings lasting joy in the end
God is the joy that is constant and renewed throughout eternity
And when you find it, you will feel that you have found the most precious thing in existence
You will no longer need to chase the mirage of "that other thing"
That which appears to you without you being able to reach it or obtain it
Spiritual joy is "that other thing"
And whenever you find it within yourself

You will no longer need to search for happiness

And in that renewed joy, your desires will be fulfilled

She has everything she longed for

And know, my friends, that material things

Which gives pleasure that remains beyond thought

And those things, along with the pleasures they provide

It enters the mind through mental imagery

Spiritual joy, however, is the awareness of the soul

Whose nature is the ultimate happiness

It is located very close to thought

It is even born from thought when thought is directed inwards during meditation

When external objects are damaged

On which thought depends for pleasure

The happiness that those things provide is also destroyed

But spiritual joy is always renewed

It exists within the soul and is resistant to destruction

And expressing that joy cannot be eradicated

Unless one deliberately chooses to change their mental state

He indulges in depression by feeding the depressed mood

That other thing

Have you ever tried to grasp that "other thing"?

Like a mirage that appears to you and dances in the background of your feelings

And what about the end of all your fulfilled desires?

Analyze the matter:

You yearn for something as long as you are unable to obtain it

But once it becomes available to you, you will – sooner or later – get bored with it

And you want something else, don't you?

Even if life gave you everything you ever wanted all at once:

Wealth, power, and friends after a while, you'll feel dissatisfied

And you want something else But one thing never loses its freshness

Its brilliance will never fade for you it is joy itself

In all the things you are looking for

And it seeks to reach and obtain it

Directly or indirectly

You are actually looking for happiness

By fulfilling your desires

You don't want those things that bring you sadness

And you don't want those things that give you a little bit of pleasure at first

But in the end, it plunges you into depths of regret and remorse

Whatever it is you are looking for

You earnestly seek it with longing, yearning, eagerness, and enthusiasm

Hoping to gain satisfaction upon acquiring it

You should be happy when it actually becomes yours

So why not seek joy directly and draw it from its sources?

Why seek it through incapable physical means?

To give it to you pure, unadulterated, and without any deficiency?!

When a person begs for the compassion of short-term material things

His happiness depends on short-term pleasures

Material things and the satisfaction derived from fulfilling material desires

It is temporary, and therefore the happiness obtained through it is fleeting

It is also temporary

Eating, smelling perfumes, and listening to music

Seeing beautiful things and touching enjoyable things

All fleeting pleasures

Its duration is linked to the duration of the sense of taste and smell

Hearing, sight and touch

Or until the mind grows weary of it

He is attracted to other stimulants

She doesn't want fleeting joy

It leaves behind a sense of sorrow when it is disposed of

Rather, she longs for a joy that doesn't flash for a moment and then vanish

And I yearn for a joy whose brilliance never fades

Pure, permanent radioactive radium

That joy exists only in God

The source of all joy and delight

The sun rises once every day

But his presence is ever radiant

The universe is subject to decay, but

It is eternal life that remains

May joy always be renewed in your lives

This blessed land that God has given us

He wants us to enjoy its beauty

And we preserve it

We consider it a blessing that should not be squandered or abused

It contains many many wonders and marvels!

Peaks upon peaks

And layers upon layers

plains and steppes

Seas and rivers

forests and woodlands

And deserts that stretch endlessly in every direction

It is a cosmic theater

Where the hills lie dormant

And the snow-covered cliffs lie

The tall trees crane their necks

The barren highlands are regaining their greenery and lushness

The marks of time are imprinted on the giant rocks
Who has the ability to give breathtaking views?
And what about the dazzling views of this land of God, do they deserve to be described?!
It fills the heart with joy
And ignites the mind with a thousand imaginings
To express that which defies description!
Contemplating the beauties of the earth strengthens the contemplative's faith
It transcends the laws of nature to the threshold of supreme consciousness
Where creativity never ends
And it doesn't stop at a limit
It is inexhaustible
Once, a child said:
"I don't know what it means for a person to feel like nothing"
This is what one senses when contemplating the wonders of God
Which is unparalleled, in different parts of this world
Yet man thinks he is everything
Alif and Ya
The beginning and the end
And a stature that has no higher peak
There are amazing heights
And depths that inspire awe in the soul
And a vastness in which the entity dissolves
And as abundant as daylight

And lights that urge one to look upwards
If only humankind possessed a comprehensive vision
You see in every direction
To realize the wonders of creativity that surround him
Spread like scattered pearls
In God's vast land, there are people who contemplate
Truly, everything the Creator has made inspires wonder
It is inspiring
Oriental Treasures - East-West Magazine
We ask Him, the Most High
To dispel with the sparks of knowledge
darkness of illusions
And to fill hearts and minds
With an abundance of blessings and insights
And that His most glorious presence may be manifested in souls
And He bestows upon her certainty
It is a safe haven
And it dispels the clouds of confusion from the sky of the soul
And it keeps us away from feelings of despair
And it inspires us with confidence that the dawn of happiness will break
And souls will rejoice
And that the birds of peace and joy
She will sing in the groves of life
Love will defeat hate

And bright hope will dispel the gloom of despair
And that the journey of good will continue
The banner of truth will always fly high
Above the monuments of friendly understanding
And noble human feelings
O Physician of hearts, from You comes healing
The souls were afflicted with diseases
A touch from you dispels poison and sickness
May death and calamity be avoided
Your name is a charm against evil and harm
And a prayer to which the heavens listen
Preparation and
Proper upbringing: practical methods and practices
Proper parenting methods include developing insight
And attempting to access the storehouse of intuitive knowledge
The latent within the soul and the connection of human consciousness to it
One life is not enough
To know all spiritual and material matters
Using traditional knowledge methods
Relying solely on the senses
Practicing mindfulness and meditation
They help to develop and enhance intuitive ability
Through direct, certain perception
Developing insight should begin in early childhood if possible

If that is not possible, it can be started at any time

In addition

Children and young people must be helped as much as possible

By teaching them sound parenting methods, through

Directing their thoughts towards ideals

And nourishing their feelings with noble sentiments

And teaching them to respect duty

And to deal honestly, with dignity and integrity with themselves and with others

Among the important aspects of self-discipline are:

Walking and sitting with the spine straight

To facilitate the unimpeded flow of vital activity in the body

Learn and use mental focus to develop self-wisdom

Practicing creative thinking

Performing duties with sincere desire

Distinguishing between the rational and the irrational

Truth and illusion

And expanding the scope of love

From self-love to family love

From love of family to love of community

From love of the community to love of the homeland

From love of country to love of the world

From love of the world to love of God

And with their spiritual growth
They will be able to spread goodness and truth everywhere
And the light of goodness that shines within them will be dispelled
The darkness of evil surrounds them
With His help, may He be exalted
Spiritual connection with loved ones who have departed this world
If you wish to send your thoughts to your loved ones who have left this world
Sit quietly in your room and reflect on God
And when you feel peace in your soul
Focus deeply on the center of spiritual awareness at the front
Which is the center of the will at the point between the eyebrows
Send your love to those dear ones who have departed
Imagine in that center the person you wish to communicate with
And send to his soul vibrations of love, good wishes, and encouragement
If you do that consistently
And you haven't lost interest in that dear person
He will definitely get vibrations from your thoughts
Those who are separated from their loved ones on this earth do not forget them
Just as their loved ones never forget them

And their consciousness remains, preserving the memory of their loved ones

Those who left them on this earth

And when you want to get a response from those loved ones

Focus on the heart, and when your focus reaches sufficient depth

They may first appear to you in dreams, and this is possible for them

Sometimes you may have the same dream repeatedly

Not all dreams are meaningless

If your thoughts are calm and harmonious

You will know that someone is trying to communicate with you through a dream

With spiritual progress, your loved ones may appear to you in visions during meditation

When a person reaches a high level of spiritual advancement

He will be able to see those departed souls before him

There are many examples of such cases

But actual spiritual progress must happen first

He who contemplates God deeply

God will show him all these things

Instead of grieving, crying, and feeling a sense of loss after the death of loved ones

We must send them love that they will feel

They reciprocate the same feeling

But we must not drag the spirit of the departed towards us

Through our unreasonable feelings

Selfish attachments and deep sadness

It is enough to say to the one who is leaving, "I love you"

Send loving thoughts and good wishes to those who are separated

Whenever I feel like doing that

But at least once a year - on a specific anniversary

Tell them, intellectually:

God will bring us together again

We will continue to nurture our love and strengthen the bonds of affection between us

If you send them your friendly thoughts now, keep doing so

You will surely meet them one day, God willing

You will realize that this earthly life is not all that exists

It's just one link in the chain of your eternal relationship

With your departed loved ones

May God have mercy on them and shower them with His light and pleasure

Note: This method has absolutely nothing to do with séances, which we do not recommend, hence this clarification

Getting rid of fatigue

Note: This information and advice is not a substitute for medical advice, hence this clarification

Butter and milk should be included in the diet

Milk should be consumed separately from meals

It is best not to drink it with food
Milk has beneficial laxative properties
But milk causes the production of mucus
Which is not suitable for those suffering from sinus problems
Or from a runny nose and a cold
This also applies to orange juice
For those who suffer from these conditions
Many who suffered from it found relief – in response to my advice –
Significant improvement by removing orange juice from their diet
(While they were suffering from that condition)
Although lemon juice has excellent disinfectant properties
But it also makes sinusitis worse
Nothing is more satisfying (hunger-satisfying) than bread made from
Made from freshly milled whole wheat flour
However, people with phlegm should avoid starches
Whole wheat bread can be eaten after it has been toasted well
Constipation is another cause of fatigue, and it is related to the accumulation of toxins in the body
It affects the extraction of energy from food
If you are suffering from constipation, use a natural laxative if possible
If you keep your body free of toxins (waste), you will not feel tired
It is the toxins that accumulate in the body that make a person feel tired

Drugs and narcotics also cause feelings of weakness

Opium, for example, robs its users of their initiative

They do not want to do anything other than babble, sleep, and dream

One of the most effective ways to get rid of feelings of fatigue

It is to maintain sexual vitality as much as possible

Because excessive practice of that is a waste of creative energy

This causes a significant loss of them, on both the physical and mental levels

The disciple asked his guide:

What is your interpretation of the spiritual entity and knowledge of it, sir?

The guide replied:

The spiritual entity is the conscious knowledge of spiritual perceptions and powers

Just like marine creatures feel when they are submerged in water

And the birds of the sky are surrounded by space

It is the extraction of vital energy from the ether of the soul

And a feeling of well-being and vitality flowing through the body

It revitalizes the cells with the elixir of life and renews them completely

Then the disciple asked:

And what is the way to obtain that test?

The guide replied:

By self-affirming that you are of a spiritual nature

And that the physical entity, despite its relative reality

However, it is the outer shell of the soul's essence

And that the water of life, which is the spring of bliss

It flows through your nerves, causing you to experience euphoria, energy, and alertness

The disciple continues, saying:

What are the obstacles to reaching that state?

The guide explains:

Those obstacles lie in discordant thoughts and bitter feelings

And the negative effects that act as harmful parasitic weeds

About the spirit plant

Therefore, the field of consciousness must be cleansed and purified of all impurities

And to uproot the thorns of doubt from its soil, and fertilize it with living faith

Deep longing, purity of intention, and good will

There are toxic non-physical plants that should be eradicated

Such as hatred, malice, envy, jealousy, fear, and other emotions

The destroyer, and planting seeds of love, trust, understanding, nobility and honesty in its place

Then the disciple asks:

What is the best way to deal with life's problems?

The guide replies:

Every lock has a key, and every problem has a solution

And whoever possesses intelligence, discernment, courage, and patience

Trusting in divine help will lead to finding a solution to any problem

And don't forget that every difficult problem you encounter is a test of your strength

And to raise your spirits and with each problem overcome, you take a step forward

On the ladder of life, great achievements await you

He dealt with difficult circumstances on this basis

You will find that you gain understanding, strength, and joy

By overcoming obstacles and completing new stages along the way

And know, may God increase your knowledge, that everything you need is within you

If you ask for divine help with humility and sincerity, you will receive it

The doors of goodness and the treasures of light will be opened to you

Eastern Treasures – Reflections and Guidance

East-West Inner Culture

Source of peace and light

The teacher said, in speaking about the feeling of divine presence:

If a person lives in ignorance of God
Without touching his presence
His life will be fraught with danger
And prone to intractable problems and crises
Until pain gives birth to desire and determination
To discover the secret of secrets and the source of tranquility and light
By discovering the greatest secret
He knows the meaning of freedom, happiness, and beauty
A person must change the focus of their life and the center of their consciousness
From matter to spirit
And from the "self" with its limitations
To the boundless emotional dimension
He will then realize that he was and still is
In the warm, loving embrace of eternity
He also needs to work on accelerating understanding
By delving deeper into thought
And redouble the effort
And when the divine presence touches
He will overcome all obstacles and hurdles
Which obstruct his path and prevent him from progressing
There will be no man after death
Closer to God than he is now
The extent of his awareness of it after death
It depends on how much he knows about it now
No need to procrastinate or postpone!

Thinking about God is the source of all happiness, love, and goodness

It brings us into direct contact with those blessed elements

And He showers us with the blessings of the Most Merciful

We must incorporate the spiritual element into our work

And to do the work that provides the best service to others

A person who makes it their goal to serve rather than to make money

He will find that his entire life has changed for the better

He will not be left alone, but help will come to him from where he least expects it

Most people are unable to achieve the required balance

Between their practical and spiritual lives

The spiritualist needs money

A worldly person cannot live happily without God

The spiritualist works, and his actions speak volumes:

"God gives me strength and provides me with determination"

He grows stronger and God blesses his efforts

The worldly person also works, but he says:

"I am the one who does all this on my own, and no one has any credit to me"

This brings unexpected consequences upon him

It is located in Mahadhir
All practical activities
Whether for material or spiritual purposes
It must be based on sound principles
It is subject to the control of conscience and the balance of reason
Balance is required in everything we do
Because its absence means misery, heartache, and headaches
If someone extends an invitation to a group of poor people
Without having enough money to buy the necessary items for the feast
This means a lack of discrimination
And the inability to plan properly
We must understand the nature of the general system that governs our actions
It is wrong to exploit spirituality to promote personal interests
Although it is advisable to use scientific methods
To spread and promote sound spiritual teachings
There is a universal law for achieving happiness
This law is constant and unchanging
It is always working and delivers guaranteed results
and following or observing that law
It definitely means having happiness
In his definition of happiness, Master Paramahansa said:

True happiness is based primarily on a person's psychological state

Contentment, satisfaction, peace, and tranquility are signs of happiness

One should strive to have good health

The active mind

and the necessities of life

The appropriate work

And discerning judgment

And correct understanding

He must not allow himself

By giving in to the wrong environment or conditions

Humans often weave cocoons that bind them

And he loves you with ropes that bind him

He must understand the reasons for those restrictions

Perhaps it will eradicate the slow-moving infection

From his mind and from his body

This would bring about psychological renewal

It paves the way for happiness and the emergence of spiritual awareness on the horizon of his life

And to awaken the vital forces within him

Awareness must be raised from the depths of ignorance

To the heights of understanding and knowledge

Despite one's belief in one's psychic powers

But the evil environment has a transparent effect

Able to undermine his own defenses
And depriving him of the happiness he seeks
Therefore, he must make every effort
To create a healthy and suitable environment for happiness
And to seek lasting spiritual joy
Instead of fleeting sensual pleasures
If he wishes to get rid of a negative habit that robs him of his happiness
He must avoid everything that might
To alert or awaken that habit
Then he cultivates a good habit in its place
He undertakes it with serious psychological effort
Until it becomes an integral part of his life
Once it is established and becomes strong
The bad habit will weaken
And she loosens her grip
He will feel a happiness he has never known before
Illuminations and certainties
Teachings of Master Paramhansa Yogananda
Life in its essence, components, and goals
It is a difficult puzzle to understand, but not impossible to solve
With our progressive thinking, we solve some of its mysteries every day
Devices based on precise scientific principles in this era
It certainly inspires admiration
The discoveries that science brings give us a clearer vision

About ways to improve living conditions
But despite all the equipment, inventions, and strategies we have
It seems we are still like puppets in the hands of fate
And that the road ahead is still long
Before we are freed from the control of nature
Living at the mercy of nature is certainly not freedom
Our enthusiastic minds are overwhelmed and shackled by a feeling of helplessness
When we feel like victims of floods, hurricanes, or earthquakes
Or when events snatch us away – for no logical reason
Our loved ones who are close to our hearts
Then we realize that we haven't achieved many victories
We were unable to overcome the adverse circumstances
Despite all our efforts to make life the way we want it to be
Certain conditions will always appear on this earthly stage
And events guided by a powerful mind about which we know very little
It operates completely independently of our opinions and will
The best thing we can do is work and make some improvements
We grow wheat and make flour
But who created the first seed?

We eat bread or rice made from flour
But who gave our bodies the ability to digest?
And how to transform food into nourishment?
In every corner of life
There seems to be an indispensable divine hand
We cannot manage our affairs without it
With all the certainties we possess
We do not know when the heart will stop functioning
Hence the necessity of bold reliance
On the supreme divine power
And relying on our higher selves
Emanating from that overall power
Which we are modeled after
We must possess a faith free from pride
And to walk confidently on the paths of life
Without panic or trembling
Without tightness and confinement
Dealing with allergies
Overcoming sensitivity is a delicate art, and controlling one's quickness to react is important for developing a balanced and well-rounded personality
Sensitivity stems from misunderstanding, inferiority complex, inflated pride, and an exaggerated ego
When a person thinks their feelings have been hurt, that thought takes root in their mind, arousing their nerves, which then become tense and rebellious Anger ignites in their heart due to the wounded emotions However, some people

have the ability to control their emotions, so their outward signs don't appear despite the intense rage within them Others express their anger through immediate reactions, evident in their eye muscles and facial expressions, and through sharp, coded verbal responses

Excessive emotionality has serious consequences; it complicates the situation and creates an undesirable instability that negatively affects others

Efforts must be made to exercise self-control and composure, fostering an atmosphere of understanding and harmony that promotes peace instead of tension and dispels the fumes of stress Those who do so will be masters of their own destiny and will be rewarded with appreciation and respect by those around them

Excessive sensitivity is a trait shared by most people, and when this irrational emotion flares, it blinds insight and clouds the eyes of wisdom Even worse, the overly sensitive person believes they are thinking, feeling, and acting perfectly, when in fact their behavior may be entirely wrong!

Many people believe they should pity themselves when criticized, and that self-pity provides them with some relief But like drug addicts, the more they take, the stronger their addiction becomes

A sensitive person often suffers needlessly More often than not, no one knows the cause of their suffering or the nature of their grievance, leading to increased anguish in their self-imposed

isolation Nothing can be achieved by silently dwelling on what they perceive as an insult or criticism

It is best to eliminate the causes of such hypersensitivity through objective analysis and by activating self-control

This type of unhealthy allergy has serious consequences; it consumes the heart like fire and destroys the tissues of peace Therefore, it must be dealt with wisely, logically, and with a firm will

Freedom from weakness

The best way to get rid of weakness

It is not thinking about it

Otherwise, the idea of weakness will sweep through consciousness and dominate the faculties of the soul

When we bring the light inside us

The darkness will dissipate as if it never existed

That idea brings me wonderful inspirations

When light is introduced

To a cave inhabited by darkness for thousands of years

The darkness will vanish instantly

Similarly, weaknesses fade away, and with them, mistakes

When we allow the light of God to enter our consciousness

The darkness of ignorance will not be able to remain

That is the philosophy by which we should live

Procrastination is useless

The wheel of life never stops

And the days of life pass quickly

Every minute we spend thinking clearly and acting wisely

It is a successful and profitable investment in the field of our happiness

Many spend their whole life

Thinking about money, sex, and fame

They rarely focus on the essential matters

Which brings them peace of mind

And raise their awareness to higher levels

No matter how humble the role a person plays

He is considered successful in the eyes of God

If he knew how to spend his time wisely

He directs his thoughts in the right directions

When God's light shines on man

He doesn't feel he needs anything

Because of the joy that overwhelms him

He achieves all his dreams

And it makes him feel deep down

He is the richest of the rich and the happiest of the happy

In this life

Tunnel of Light

He who awakens spiritual consciousness

With enlightened ideas

Charitable works

Good feelings

Deep contemplation

He can sense it leaving the body

Time for final departure

Through the spiritual eye

The yogi practices during his earthly residence

Spiritual Eye Tunnel Vision

At the dividing line

Between matter and spirit

He can leave Earth the moment

Entering this illuminated tunnel

And the transition from this world

To God's infinite space

Where the light

And joy

Peace

absolute freedom

The lamp of the body is the (spiritual) eye

If your eye is single

Then your whole body will be filled with light

{ And the light shines in the darkness, and the darkness did not know it }

altruism
Altruism is feeling the sorrows of others
And to get closer to them and communicate with them
We sincerely try to console them in their loss
And that we rejoice in their joy
We are working to the best of our ability
To ward off the specter of fear, need, and anxiety from them
Those who work to make others happy
May God grant him an inner sense of psychological comfort
And if he loses something in the pursuit of those he is trying to help

He doesn't consider it a loss because he gains something in return

God's pleasure and peace of mind

He lives to love, to work, and to give

He sows the seeds of goodness and peace in the fields of humanity

His thoughts and feelings transcend his personal world

His awareness expands and his empathy increases

He feels that the world is his home and humanity is his family

He understands that the purpose of his existence on this earth

He must reform himself before attempting to reform others

Because those who improve themselves help others

To reform themselves through the example of his life

Actions have a deeper impact and a more profound effect

In the minds of others, from the words

Who possesses the spirit of altruism?

It does not operate according to limited calculations and expectations

Rather, he uses his insight and sound judgment

He continues to help himself and others

Thanking God for the success he has achieved

And if he fails once or several times

He doesn't feel discouraged, but rather becomes more determined
He redoubles his efforts and tries again
Exploring new ideas and channels
Guided by the light of reason
With God's help
Until he achieves his goal
He achieves his noble goal
Eastern-Western Illuminations
From the teachings of the sage Paramhansa Yogananda
Preparation and
Thought is a force, like electricity
psychological conditions
It goes back to thought and way of thinking
Electricity is both beneficial and harmful
So who knows how to handle it?
He puts it at his service
Otherwise, it might electrocute him
And so too thought
If it is directed in the right paths
It brings happiness to its owner
Otherwise, it will bring him trouble
Thought is like a wild horse
However, taming it is not impossible
Positive thinking is one way to control your thoughts
Sound thinking is a close friend
And a sick mind is a constant enemy
Sound thinking attracts peace and security
And a sick mind launches deadly arrows
It rebounds on its owner twofold

Hence the saying, the reward is of the same kind as the deed
As long as a person sends good intentions
His ideas will turn into torches
Illuminate the chambers of the soul
And drive out the heaps of darkness
He then feels a deep sense of relief
His eyes beamed with a smile of contentment!
Life is like a mill that grinds
Test pills and fruitful experiments
To make bread from it
It is like a winding road
On its sides are lush flowers
bright butterflies
And trees with delicious fruits on their branches
However, we rarely stop
Let's enjoy its view and savor its sweetness
In fact, we are often on pins and needles
To access wider areas
We think it has more delightful views than what we have seen
But as we gradually move away
About flowery, fruitful paths
We find trees in which there is darkness
More than just freshness
Then the flowers disappear
And with it, butterflies and also fruits
We then find ourselves in the barren desert
Human life is like the waters of the seas
Which is purified and becomes sweet

Only when you ascend to the upper atmosphere

It's like a morning dream

It gets brighter with age

The reason is that things then appear clearer and more distinct

It is like a journey in that the scenery changes as distances are covered

Then the same scenery changes as we get closer to it, and so on

Life does not disappoint the wise

Because they handle it skillfully and enjoy it

Without allowing it to take control of them and deprive them of their freedom

For example, they enjoy water

They drink it and bathe in it, but they do not allow themselves to drown in it

They enjoy the clothes they like

Without excessive adherence to formalities and formalities that are considered superficial

They enjoy eating without allowing gluttony to devour them

Because overeating depletes energy

And it devours perceptions

And he will destroy it utterly

And so, a person should enjoy life

But without exhausting the senses through immersion

getting along with others

Their agreement does not mean everything

Or sacrificing ideals for their sake

Because this method of compromise is undesirable

It is not in accordance with the truth

The reformers and the great men did not agree

With many people around them

However, they retained their ideal

Because they realized that what they were doing

That was absolutely right

The principle should not be compromised

And not resorting to ulterior motives to achieve a specific goal

Because that is not befitting of principled people

Who can live in a way that pleases God?

Do not harm others, for they have nothing to fear

First and foremost, one must be in harmony with God

Then with conscience, and after that with people

But if this approach does not satisfy others

It is enough for a person to be at peace within themselves

He feels a sense of inner peace that makes him independent of people's approval

spiritual magnetism

The strength of the soul and its desire to turn to God is called spiritual magnetism, and with this magnetism the soul attracts to itself blessings, sublime vibrations, and all good human

experiences that remind it of goodness and righteousness

Spiritual magnetism is the power by which a person attracts and brings to himself good friends, necessary and important things, and intuitive knowledge of things

This power is derived from God's magnetic, attractive power

Candle of Peace

Take a mental pot

Fill it with your peace

Take the bottle of my feelings

Fill it with Your mercy

Take my empty soul basket

Fill it with the fruits of your wisdom

Pour the waters of your love into my soul

I will pour it into the cups of the thirsty soul

Tear down the walls of ego

Immerse me in your total presence

The ray of dawn of love

Let him peer out from the openings of my heart

It reminds me of the sunlight of your love

Spreading across the sky of my life

The radiant light of your love has shone forth

Upon myself, and it was enlightened

Your light filled my spiritual space

You are the life that sustains my body

And the mind that inspires my thoughts

And the wisdom that dispels my ignorance

I light the slender candle of my love

To read the golden book

Preserved within me since ancient times
Your love was and still is
The invisible candle of peace
Which dispels the darkness and shows me your messages
The blog is on the pages of hearts
A New World: #Paramhansa Yogananda

Translation: Mahmoud Abbas Masoud

When you test your spiritual beliefs, a whole new world opens up Self-exertion is essential to knowing God You may feel deeply religious, and your mind may be content with that But unless your very being is convinced that your prayers are being answered directly, no amount of religious formality can save you Although receiving God's response may be difficult, it is possible To ensure you truly reach Heaven, you must test the power of your prayers so that you can activate them As a boy, I resolved that my prayers would be answered whenever I turned to God in supplication That unwavering resolve is the way Then every trial will come to weaken your resolve and paralyze your will, but God's power to answer is limitless Persistent effort and the continuous use of willpower will bring about God's response

It is essential to learn the correct way to focus the mind It is also important to have sufficient time for solitude and private reflection Constant interaction with others hinders spiritual growth Most people are like sponges; they absorb everything from you, and you rarely receive

anything in return Of course, it is beneficial to be with others who are spiritually sincere and strong If each person is aware of the strength, sincerity, and will of the other, noble spiritual qualities can be shared among them

Time should not be wasted on trivial matters Many people occupy themselves with unproductive things, and if you ask one of them what they were doing, they'll answer, "I was busy all the time!" But they can barely remember anything about that "work"! Furthermore, excessive leisure and entertainment weaken the mind If you watch movies every day, they will lose their appeal and you will become bored Movies are the same, with different roles: lovers, adventures, heroes, villains, etc We might enjoy watching a movie plot, but life is rarely like that On the other hand, if life were too realistic, who would want to see more of life's events as they are when they go to relax?

Life is incredibly deceptive, and we must approach it as such If we don't overcome its deceptions and illusions first, we won't be able to help anyone else In the solitude of a focused mind lies the factory of all great achievements Remember this In this wondrous factory, continually weave the patterns of your will to overcome every opposing obstacle Train and refine your will constantly You have countless opportunities to work in this factory day and night, as long as you don't waste your time and energy

At night, I withdraw from worldly demands to be alone with myself, far removed from the world, in my spiritual solitude with my will There, I guide my thoughts in the direction I desire and make decisions within myself Then, I urge my will to engage in sound and beneficial activities that bring me success In this way, I have used my will effectively many times But this is only achieved through consistent use of the will

What a wonderful feeling it will be to be able to say and affirm, "My will, imbued with the universal will, will achieve what I desire!" If you become complacent and entrust everything to the divine will without using your own will, bestowed upon you by God, you will not obtain the desired outcome Divine power desires to help you of its own accord There is no need for supplication or begging; rather, you must use your will to ask and demand—as a rightful heir—and to act accordingly You must banish from your mind the thought that God, in His might and transcendent power, is distant and hidden in the farthest reaches of heaven, and that you are alone amidst the worries and hardships of this earth Remember that the divine will lies behind your human will, but that mighty power, like a boundless ocean, will not come to you unless your mind is open and your heart receptive

Nervousness: its causes and treatment

Nervousness is an ailment that can be overcome with a specific remedy called tranquility The imbalance in our psyche that leads to nervous disorders is caused by states of continuous arousal or excessive stimulation of the senses Immersing oneself in worries, fear, anger, melancholic feelings, regret, envy, sadness, hatred, resentment, anxiety, and the lack of necessities for a normal, happy life—such as proper nutrition, appropriate exercise, fresh air, sunlight, suitable work, and a defined purpose in life—are all contributing factors to nervous disorders

Any intense or sustained mental, emotional, or physical stimulation causes significant distress and disrupts the balanced flow of life force through the five senses and their faculties If you connected a 50-watt light bulb to a 2,000-volt power source, the bulb would burn out Similarly, the nervous system was not designed to withstand the destructive force of intense emotions or sustained negative thoughts and feelings

Nervousness is not a simple problem It is a formidable enemy, with serious complications and far-reaching consequences Physically, it is difficult to cure any illness exacerbated by nervousness Spiritually, the imbalance of vital energy in the body makes concentration or deep meditation for achieving peace and wisdom extremely difficult

Fortunately, nervousness is treatable A person suffering from this condition must be prepared to analyze their situation and eradicate the destructive emotions and negative thoughts that

are gradually consuming them Self-analysis of one's problems and maintaining composure under all circumstances can cure most cases of nervousness

When we realize that the abilities we need—whether to think, speak, feel, or act—all come from God, and that He is always with us, inspiring and guiding us, we experience immediate freedom from psychological stress With this realization come flashes of sacred joy, and sometimes a profound enlightenment floods our being, instantly dispelling thoughts of fear

God’s power is like the ocean, surging and surging, sweeping through the heart in a cleansing process, removing all the illusory obstacles of doubt, nervousness, and fear

Humans often believe they are merely physical bodies, but this is an illusion that can be overcome by connecting with their spiritual being through meditation Then, they will realize that the body is nothing more than a bubble of activity floating on the vast ocean of the universe

A person suffering from anxiety must understand their condition and analyze the persistent cognitive errors responsible for their lack of harmony and compatibility with the life around them When an anxious person acknowledges, even just once, that their illness is not mysterious but rather a logical consequence of personal habits, they have already achieved half the cure!

Excitement disrupts the nervous system's balance by sending a large amount of energy to one part of the body and depriving the other parts of their usual share

This imbalance in the distribution of energy to the nerves is the cause and reason for nervousness A calm person avoids excitement because he is aware that God manages and directs life and its affairs, and knowing that (fear cuts off the nerves), he tries to remain psychologically relaxed, and thus he is able to face life's circumstances and situations calmly because his nervous forces are balanced

While maintaining a sharp and undisturbed mind, he frees himself from the illusions of life and rises above the excitement brought by pleasurable experiences As for unpleasant trials, he strives not to allow them to disturb his peace of mind or rob him of his inner tranquility This is the goal we must endeavor and strive to attain

The nervous system provides the vital energy to the brain, heart, and all other organs It also distributes energy to the five senses: sight, hearing, touch, taste, and smell Nerves are the medium through which we communicate with the world around us and are the source of all our sensory responses Therefore, it is crucial to maintain a state of perfect balance in our nervous systems, avoiding overwhelming one part of the body with an excessive surge of energy while depriving other areas of their share of this vital nourishment Balance in life and the achievement

of legitimate goals are not attained through anxiety or emotional outbursts, but rather through tranquility and deep faith in God

Yogis possess special methods by which they can revitalize burned tissue by sending vital energy to partially damaged nerves Every cell and tissue in the nervous system is a living, intelligent structure This life force or energy has the power to constantly renew that structure, much like charging a depleted battery

There are two types of nervousness: psychological and mechanical, or superficial and organic

Psychological irritability is the most common type, caused by mental excitement or agitation Sustained immersion in this state, including associating with unruly individuals who neither benefit from their friendships nor contribute anything positive, and unhealthy habits regarding nutrition and lifestyle, all represent intractable cases of irritability

Food should be simple, balanced, and not consumed in excess Exercise should be regular Too much sleep numbs the nerves, while too little sleep is harmful But the most important consideration is choosing companionship carefully and wisely Tell me about a person's friends, and I'll tell you about that person Flatterers and sycophants are of no help We should seek out a community of self-improvement—people who tell us the truth and help us grow The best companions are those who

humbly suggest ways we can use and things we should do to change our lives for the better

Harsh criticism, delivered with malice and callousness, is like hitting someone over the head with a hammer, while love is far more powerful and beneficial Kind suggestions offered with love and understanding have the power to work wonders, whereas hurtful criticism achieves nothing of value

A person becomes qualified to judge others only when they have purified their nature and dispelled the darkness of their ignorance with the light of knowledge Until they reach that stage, it is better for them to analyze themselves and correct their own perceptions rather than criticize and insult others

Associating with wise people of calm temperament is one of the quickest and most effective ways to get rid of nervousness and to discover our spiritual identity

Nervous people should not mix too much with other nervous people like themselves

Inner peace must be cultivated to overcome nervousness A naturally calm person maintains their composure and remains at ease under all circumstances They do not allow emotions to control them and lead them to make poor decisions They are not deceived by the smooth, honeyed words used by opportunists to gain undeserved advantages Because of their natural calmness, they rarely fall victim to misinformation and deception Indeed, their heart reveals the true nature of those they deal with and exposes their

intentions with remarkable accuracy They do not poison their body with anger and fear, which negatively affect their blood circulation It is a well-established fact that the milk of an angry mother can have a harmful effect on her child And there is ample evidence that intense emotions have the power to damage and destroy the body

Balance is beautiful and should be the foundation of our feelings, thoughts, and actions, and the axis around which our lives revolve

Great souls maintain their composure and peace, which helps them to get through life’s trials and tribulations without losing their sanity or balance

God is present everywhere, managing the worlds and guiding the galaxies in infinite orbits And humankind, created in His image, also possesses the ability to manage its life and coordinate its activities without worry or disturbance

We should always send others ideas of love, goodwill, and peace

In the structure of meditation, where the light of insight constantly shines on the altar of the soul, there is no anxiety, no stress, no tension, no nervousness, but rather tranquility, serenity, self-confidence, and true happiness

Peace be upon you

When silence warned

When silence warned

When I make a promise to remain silent

So that I may remain in harmony with my beloved

I rest in his arms, which encompass the vast universe

I will continue to listen to his melodies

And songs of peace and bliss

Seeing hidden specters and sacred manifestations and visions for the All-Knowing

But I will not forget you

I will observe you silently and attentively

You walk above me in the grass, in the vegetation of the earth

Or you might see me flourishing on the branch, green with vine leaves

I will care for you with the tenderness of a loving heart and a compassionate mother

Through the crimson of the flower, imbued with harmony

This brings you joy, happiness, and a sense of peace

I will embrace you and caress you with the gentle breeze

So that I may rescue you from fear and from the shadow of worries

And I envelop you in sunlight, evoking a warm and intimate feeling

When loneliness creeps in with a tremor to the core

When you gaze upon the sea, you will see me in its depths

One with my Lord on the horizon and the Nile of the tents

It contains a radiant gene and a precious lapis lazuli

I will certainly not speak except from a discerning mind

And from the depths of my heart, if I so wish, I will reproach or blame

Out of love for you, I will convince you, and with a heart full of passion

Perhaps you yearn for the worshipped one with a longing like that of a pregnant woman

I will tempt you, but with a sound temptation

To enjoy the love of the Lord, the source of passion

Forget me if you wish, but do not forget the Merciful One

If I spend the night thinking of you, you will remember me

All the time!
Human beings' ultimate goal

Master Paramhansa Yogananda

Translation: Mahmoud Abbas Masoud
Flowers and roses are beautiful and vibrant, but behind them lies a garden of immeasurably greater beauty and splendor Although this garden is utterly transparent and difficult to perceive at first, if you can penetrate the spiritual dimension through the gateway of the spiritual eye, you will be able to explore that ethereal realm and revel in its wonders

I dwell in that gentle realm where exquisite qualities and tender, delicate thoughts are sweeter and more fragrant than any earthly flower or rose There, the bee of my mind continually sips the nectar of divine presence

When we direct our focus inward, and live more and more in that hidden world within us, we find that our spiritual qualities take on special forms that act as windows through which we perceive the sweetness of God that surpasses description and imagination

The search for God is not limited to contemplation Every good quality and noble trait that we display in our thoughts and actions

becomes a hidden nectar of God's presence within us, if our awareness is deep enough

When we pass through the gateway of the spiritual eye, we see within ourselves the factory of vital, intelligent activity, hidden behind the entire universe Because we do not direct our focus inward, we stand in awe and wonder before the traces and seals of the divine spirit in nature We behold the products of God; His holy name is inscribed on flowers, in the heavens, and in everything, yet He remains silent

As human beings, we are very fortunate because, among all of God’s creatures, only man possesses the physical, mental, and spiritual talents and faculties necessary to seek Him, to find Him, to know Him, and to understand His language… the language of silence

It is far more beneficial for a person to read useful books and articles rather than wasting time on unproductive activities Even greater than reading is reflecting on God, contemplating His greatness, and striving to understand the boundless and endless mysteries of life

The purpose of life is for a person to know himself, to feel the cosmic environment pulsating in his heart, flowing in his veins, and filling his being with peace, love, joy, and tranquility and that is the greatest success!

As human beings, we make the greatest progress through the power of thought

Some time should be set aside each day to develop mental faculties Beneficial reading is more valuable than constantly engaging in superficial and pointless activities A logical daily schedule should also be established to ensure order and organization However, excessive time management is a form of rigidity and should be avoided

Balance is essential in every aspect of life It is advisable to keep useful reading materials readily available and to peruse them during leisure time The most important of these materials are spiritual books, followed by scientific works, some history, philosophy, serious literature, biographies of great figures, travelogues, and anything else that can broaden one's horizons and provide profound inspiration

Books can be loyal companions, and choosing high-quality selections will yield even greater benefits At first, grasping the essence of spiritual teachings and the ideas of great thinkers may seem difficult, but after a while, you'll find yourself reflecting on their writings and engaging with their thoughts You'll feel you've gained something valuable, because all those wise individuals drew their wisdom and knowledge from the infinite treasury of God's wisdom—ideas you might never have considered in your lifetime

However, there are many who read constantly but cannot offer you anything of value The best way to read a book is to reflect on its contents and see how they might apply to your own life Discerningly, you should not blindly accept everything you read What you read should nourish your mind and satisfy your logic To be truly worth reading, books should stimulate your thinking, and then you will feel your mind developing and expanding

direct knowledge

Those who neither read nor meditate, but live superficial lives devoid of purpose and meaning, cultivate no profound understanding and acquire no certain knowledge Harmony brings us into alignment with the divine power that inspires our thinking and illuminates our minds with the light of higher inspirations Meditation is the path to reaching the higher self Humans wrong themselves if they do not read, but meditation is even better than reading

I love reading, but I can barely read two pages before being called upon to attend to something else Therefore, I have replaced reading with meditation As I delve into the depths of my soul, radiant lights appear, and the greatest joy dawns—a joy that accompanies me throughout the day This is what I have experienced in my life, and what all those who commune with the Blessed Lord in the whisper of the soul and the yearning of the heart experience

Time is too precious to be wasted God wants us to be balanced Whoever allows their life to become unbalanced will be punished by the universal law If you live simply, exercise daily, read beneficial and valuable books, and cultivate the habit of daily contemplation of God, your senses will throb with joy, vital currents will flow through your blood, and your body's cells will be filled with a lightness and energy you've never experienced before And you will receive all the knowledge you yearn for from the spirit within you

This has always been my life I haven't read twenty books in twenty years I'm not proud of it, and were it not for the divine spiritual awareness I gained through meditation, I would be utterly ignorant When I look at a book, I find that the truths it contains have already been revealed to me by God All sublime ideas and truths come from God, the All-Knowing If you meditate on them, you will receive His wisdom directly Therefore, reading good books is better than wasting time on fruitless pursuits, and even better than reading is meditation and cultivating awareness of the Absolute Truth, which is God

Universal Law and the Evolution of Consciousness

In different eras and places, humankind has acquired through reason many ideas about life and the soul For example, when a member of a savage tribe suffers a headache, his family believes that his soul has escaped from his body, so they

summon the sorcerer-doctor to restore the soul to him The doctor goes to the forest in search of the soul, finds it, brings it back with him in a box, and puts it back into the patient's head, and the headache disappears according to the prevailing belief

In another culture, the "sneezing" of a sick person is done by placing hooks (curved irons with sharp points) in his body so that his soul does not escape when he sneezes, but is caught by the hooks!

Just as some people have reached erroneous conclusions about the human psyche due to flawed reasoning, others—through genuine understanding—have attained a different, profound, and sounder understanding We know that the soul is not the breath because some individuals have remained in a coma for extended periods without breathing, demonstrating that the soul cannot be confined to the breath The soul transcends the breath and any other physical state

Whether or not a person believes they are a spirit, the universal law still compels them to reveal their spiritual nature Regardless of their work or position in life, their consciousness develops and expands whenever they use their intelligence creatively and beneficially Every constructive action contributes to human development and broadens their understanding

But people often think about something else while doing something, and they don't know the right way to focus their minds on what they are doing We must learn to think about one thing at a time with all our mental strength Our complete attention must be focused solely on that one thing A person should not be lethargic, unenthusiastic, or unresponsive Doing things lazily and carelessly leads to a loss of energy and, consequently, to failure and unhappiness

One should not be merely a self-perpetuating psychological machine, like an animal acting on instinct It is a grave mistake not to awaken oneself and activate one's mental faculties God has bestowed these faculties upon us and wants us to use them wisely and to be fully aware and conscious of everything we do

We must also think carefully before undertaking any action and use our minds in ways that help us grow and realize our essential unity with the Almighty Creator Everything we do should be based on sound reasoning and wise planning

It is humankind's duty to strive for noble goals Attention to trivial and futile matters is a pointless dissipation of mental energy The weeds in the garden of the mind must be uprooted and adorned with the flowers of divine love, so that it may attract the beautiful God who loves beauty If you wish this intellectual garden to remain blossoming and flourishing in the soil of wisdom, you must simplify life and free it from complexity By

accomplishing everything with attentiveness and a focused, undistracted mind, you can analyze your activities, selecting what is important and essential and discarding what is superficial and unnecessary Once a task is completed, the mind can be withdrawn from it and used to pursue other creative aspirations

Human beings must learn to cultivate their awareness of the divine, for it is precisely for this purpose that they were created They were brought into existence according to the laws of evolution so that they might use their sacred powers to find God Animals do not possess this capacity The teacher Lahiri Mahasaya was working on a science to help animals evolve more rapidly, but he did not live to complete it I, too, possess knowledge of some methods to accelerate the evolution of lower life forms But what about the millions of humans who live and behave like animals? They live in this world and then depart without having fulfilled their purpose They can achieve that purpose now if they focus their mental powers and use them correctly

The only meaning of life is to find the loving and kind God We must find Him People are constantly and tirelessly searching for Him

"The other thing" they hope will bring them complete and lasting happiness

As for those who sought God and found Him, the search is over because God is that great thing!

Nature obscures the divine presence

Why was temptation given to humankind? Perhaps so that they might yearn for that supreme being, more alluring and attractive than any earthly temptation The earthly snares and traps that surround humankind on all sides are not meant to ensnare them, but rather to urge and motivate them to seek what lies beyond, and to make them ask: "Who created all these things? Who fashioned me? Who am I? Where are you, my Lord? Why are you hidden from me? Speak to me!"

When you turn directly to God with these questions, He answers Most people don't delve deeply into their supplications to Him, and therefore they don't find Him or discover Him

We must speak to God from the heart, in the temple of the soul The yearning disciple calls upon Him, saying:

"My God, I can no longer bear to see only the beauty that You have created and embodied in nature, but I want to see Your face, which is more delicate than all the flowers in nature and more beautiful than all the faces in the world I want to understand what lies behind nature"

If someone were to cover their face with a mask, you could still know that a human being was there Similarly, nature is like a great veil, swollen with divine presence God is present behind nature's veils and masks, but humankind casts a

fleeting, superficial glance and fails to perceive the presence of the being hidden behind nature's curtains

When I sit in silent, still, attentive meditation, I feel a tremor of joy within my being and I hear God whispering, "I am here"

The intellect God has given us is the gateway to heaven: the outer gate of His kingdom But people don't use it as they should We don't need to wait until we leave this earth to use our intellect to seek God The time is now, and the place is here Those who don't use their intellect to seek the mysteries of life and the secrets of existence while on this earth will never find them anywhere else

Discovering the Divine Self

There are several ways to discover the cosmic spirit or the divine self Silence is one of them Observing silence means silencing all desires that try to penetrate consciousness from the outside, which helps the seeker to delve into their inner self and touch the essence of their soul

Another way is through divine love, or speaking to God from the heart with longing and sincerity Speaking briefly and then forgetting is futile and brings no divine response It is difficult to find God because most people are not serious about spirituality, and even the methods of supplication are mostly ineffective because they lack sufficient depth and sincerity Prayers must be

repeated with depth and fervor until they reach a higher consciousness The prayer in which the soul burns with longing for God is the successful and effective prayer You must have prayed this way once, perhaps when you desperately wanted something, or you were in dire need of money and you ignited the very air with your desire This is how we should feel toward God We must speak to Him, and then we will find Him listening to us and responding, for He is the All-Hearing, the Responsive

Yoga is one of the most effective ways to reach and connect with God It encompasses several meditative practices that are both scientific and effective The great sages of India understood that logic dictates there are precise laws and specific ways to approach God, just as there are precise laws by which God governs and manages the affairs of the universe

The teachers of India discovered the scientific laws of yoga through their perseverance and the application of their formidable mental powers Yoga will become one of the most important experimental sciences in the field of spiritual research

Holy harmony with God should be practiced by everyone This is what the great ones did with their disciples throughout the ages I am not here merely to speak of the sweetness of the divine presence; my primary goal is to ensure that others experience it I do not waste my time Everything I

do is solely for God and in His honor I am so immersed in His thoughts that I am oblivious to the passage of time and the weariness of my daily tasks Even when I am working, I feel His presence

I am not separated from God, not even for a single second

That is the situation I wanted and worked hard for

Peace be upon you

In the Horizons of Self-Knowledge

The temple that God loves most is the temple of inner peace and tranquility for His devotees, where they enter to meditate and commune, leaving behind the world and its endless distractions When a person establishes a temple of beauty and spiritual peace within themselves, they will be able to sense God's presence and feel His closeness Otherwise, the illusions of the world are many and ever-present, and its worries fill the heart

Sometimes a person feels discouraged, thinking that it's too late to seek God But the scriptures tell us that if a person realizes that this world is deceptive and misleading, and that only the soul is eternal and everlasting, then they will enter a better world after their final departure from

this earth, even if that realization comes just a moment before death

Each of us will be taken from this earth sooner or later, and therefore we must now understand the purpose of life The fundamental purpose of human experience in this world is to urge us to seek the meaning of life We must not be dazzled by this ever-shifting and ever-moving procession of humanity As the caravan of time continues its journey, you will finally realize that you are an integral part of the One, the Almighty Make knowing God your goal, and know that a serious and sincere search for the secret of life will spare you many difficulties and save you from various fears The apprehension of death, failure , troubles, and sorrows awakens great panic within a person When a person is unable to help themselves, and their family and friends cannot offer them anything, despair overwhelms them, and the world darkens in their eyes But there is no need to reach that state If they think of God throughout their lives and maintain contact with Him, they will find Him close in times of hardship and difficult days

Before any other human being was with us, who was with us? God And when we leave this earth, who will be with us? God and no other But it will be difficult to recognize Him then if we do not strive to recognize Him now If you search for God sincerely and deeply, you will find Him, and your certainty that He is always with you will be

strengthened Worries and illusions will leave you, and you will never be deceived again

Everything in existence is a temptation to draw humanity away from God But God is far more alluring than any earthly temptation If you were to glimpse Him, you would grasp this truth and be able to find Him through prayer, spiritual contemplation, and unwavering resolve The resolve to find the Divine must be steadfast It is difficult for a person to know God as long as their thoughts flit from one thing to another like a feather in the wind God desires to come to us, but we neither cooperate with Him nor allow Him Humanity finds it easy to seek fleeting sensual pleasures and waste time on entertainment, parties, and social gatherings Truly, "The life of this world is but amusement and diversion, adornment and boasting, and competition in increase of wealth and children"

If God asks for one thing, it is human love He silently knocks on the doors of our hearts, calling us back to Him, but most people are unwilling to return Yet, when the world darkens before their eyes, and they are caught in the traps of problems or fall prey to illness, they hasten to pray to Him and seek His help Whoever strengthens the bonds of harmony and accord between themselves and God in times of happiness and prosperity will find God by their side when they need Him But whoever procrastinates in strengthening that relationship condemns themselves to face their difficulties and

struggle with their trials alone until they are able—with wisdom and complete surrender—to turn to their eternal friend and knock on His gracious door

Of the vast multitudes of humanity, very few truly and earnestly seek God Where are those who thought this earth belonged to them two hundred years ago? They are all gone, and perhaps only a few, those who turned to God and came to know themselves, truly understood the reality of life Yet each successive generation considers this life to be real!

But they were deceived by the illusion just like them

(And generation after generation has been telling it!)

During our temporary stay here, humanity attaches great importance to this spectacle However, we must not become overly engrossed in it and its endless events, for if we do, we will drift away from God, who constantly strives, through countless means and methods, to draw us to Himself out of His profound concern for us and His immense love for us He presents us with all the miracles we long to witness: the wonders of growing things and the infinitely precise order of nature He is behind the flowers and roses, and whoever sincerely seeks Him will undoubtedly find Him Natural scientists did not arrive at their discoveries through blind prayer, but rather by following the laws of empirical science Similarly,

whoever sincerely and earnestly utilizes the spiritual laws of science will automatically find God by their side It is time for humanity to open its spiritual eyes and realize that finding God requires unwavering zeal and meticulous observance of His laws

Different nations have specialized in different arts and sciences India has mastered the scientific art of knowing God, but despite this fact, there are many charlatans even in India, and therefore it is necessary to distinguish between the counterfeit and the genuine

A balance must be struck between spiritual knowledge and the natural sciences Without this balance, individuals and nations will stumble amidst misery and destruction If the leaders of the modern world were spiritually enlightened and worked together, they could eradicate war and poverty from the earth within a few years Spiritual awareness means recognizing the divine presence within oneself and in all other living beings This awareness alone can save the world, and without it, I see no hope for peace Let humanity begin with itself Time is too precious to be wasted Duty compels us to do our part in bringing God's kingdom to earth

Many hesitate to seek God, fearing that life will become bleak and dreary, devoid of beauty and joy But the opposite is true! The pure happiness that those who truly know God find in perfect harmony with Him is beyond words I am in

a state of spiritual joy day and night That joy is God, and knowing Him means shrouding all sorrows and burying them without regret

God does not ask man to be gloomy, sullen, desolate, or frowning This is not the correct understanding of God, nor is it the right way to gain His favor The more peace one experiences, the more one can feel the divine presence The greater one's happiness, the more one becomes in harmony with God Those who know God are happy because God is the source of the greatest joy

People try to find happiness in alcohol, sex, and money, but the pages of history are full of stories of their shattered hopes and unfulfilled dreams

The time I spent in meditation has made my life incredibly fruitful A thousand bottles of wine couldn't create the ecstasy I experienced through meditation In that joy lies divine guidance and wisdom When a person is in harmony with God, even if they unintentionally err, they will know how to correct their mistake, and if they express an unsound opinion, God will lovingly guide and correct them

Enough waiting! Everyone who hears or reads these words knows I speak the truth If I were to display all the powers God has given me, people would flock to me not out of love for God, but because of miracles But I have no desire for that kind of superficial disciple They should be drawn

not by power, but by the love of God, and that is my purpose in life

If I hadn't come to know God, I wouldn't speak this way Everyone can come to know Him if they so desire I don't try to win people over by appealing to their emotions, but rather I speak to their minds, addressing their logic and discernment Blind faith is useless A person must activate the faculties of understanding that God has given them and not accept things at face value Instead, they must understand the causes, effects, and logic behind their spiritual inclinations and practices If I had a thousand mouths, I would use them all to speak about God and the importance of turning to Him and coming to know Him

Man does not know what he loses by losing the knowledge of God, for he has never truly known Him! And once he connects with Him, no earthly power can turn him away My only desire is to give sincere seekers a glimpse of God, for seeing His light and experiencing His bliss is worth more than all the treasures and glories of the world Knowing God surpasses any earthly pleasure And when man finds the treasure of treasures, all the desires of his heart will be fulfilled Truly, God has fulfilled all my desires, dreams, and wishes

I don't strive for things now because they are constantly coming my way When God gives Himself to you, He will fulfill all your desires You won't need to ask for anything then because everything you want will be within your grasp But

first, we must prove to God that we want Him more than all the gifts He bestows upon us

God calls to us and wants us to turn to Him Great teachers are pioneers whose footsteps, if followed, will allow us to benefit from their knowledge and experience, making it easier for us to define our purpose and reach safety Just as a person can become a great scholar by learning from a great scholar, so too can a seeker become one of the greatest spiritual beings by acquiring knowledge and wisdom from a teacher who possesses divine knowledge

A piece of coal neither receives nor reflects sunlight, but a diamond does Similarly, minds hardened by doubt, negativity, and spiritual apathy cannot receive divine light Diamond-like minds, however, filled with sincerity, faith, perseverance, and genuine determination, can receive the light of divine consciousness and reflect sacred wisdom

For most people, religion is merely a family tradition, a social benefit, or a custom linked to morals and ethics They lack a true understanding of the essence and importance of religion

Those who do not seek God as the ultimate necessity of life do not understand the meaning of religion Why do all people strive for money? Because they consider it essential for their comfort and well-being They don't need anyone to teach them this self-evident truth because they know it perfectly well Why, then, do most people not

understand the necessity of knowing God? Because they lack the correct discernment I saw in my early life that theological answers to certain questions cannot bring complete satisfaction to the soul unless their truths are tested through direct knowledge and experience

For example, when I lost my mother at a young age and my other loved ones passed away one after another, a silent rebellion against life was born within me, and no one could console me or explain the realities of life and death Finally, I decided that I would find the answer myself through my own efforts And I made the following vow to myself: "I will not accept anything blindly, but I will find the answer from the Creator and Master of this universe"

I directly asked God to explain the mysteries of life that no one else could explain to me

I wondered why some people are born poor and others rich, some blind and others healthy, while others couldn't solve this mystery that seemed to contradict God's justice and mercy Finally, God guided me to some enlightened spiritual masters who had attained a state of divine unity and found the satisfying answers to the mysteries of life through their inner knowledge There, I received satisfactory answers to all my questions and convincing explanations for all my inquiries

There are many religious extremists in this world Some possess only an emotional understanding of religion, and when their emotions are manipulated, they become religiously hysterical But emotional fervor severs a person's connection with God and obscures their spiritual insight

Emotional people always need something to stir their feelings and ignite their spiritual passions When you speak logically and rationally, they lose the desire to continue the conversation and find your words monotonous and boring But manipulating the emotions of others is a form of deception, an insult to people's intelligence, and a concealment of spiritual truths from them

At the same time, there are also religious extremists with intellectual leanings who enjoy delving into various theological or philosophical studies, deluding themselves into believing they possess a higher degree of sacred knowledge than that of the emotionally driven But intellectual stimulation is another form of "numbing," or another type of mental trickery that doesn't actually provide the seeker with what they want, but merely succeeds in inflaming their emotions and stirring their feelings

Religious zealots lack a deep understanding of religion; they often parrot things they haven't truly grasped and whose impact on their lives they haven't experienced If you pose a spiritual question to them, they rush to quote proverbs or

scriptures, expecting you to stop there because they lack the capacity for calm, purposeful, and logical dialogue It's no exaggeration to say they are merely empty spiritual mouthpieces, and engaging with them is futile because they are convinced they know everything from beginning to end, from A to Z

Religious fanatics are certain that unless you believe in some way, your fate is destruction

A knowledgeable teacher doesn't teach in this way He presents his opinion and supports his arguments with evidence Religion should satisfy our spiritual yearnings and fulfill our desires not with words but with irrefutable proof I never wanted to be so rigid that I couldn't use my mind and activate my insight When I met my teacher, Sri Yukteswar, he told me:

"There are many teachers who will ask you to believe after they have blinded your mind and ordered you to follow their logic and nothing else But I want you to keep your mind's eyes open, and in addition, I will open another eye for you, the eye of wisdom"

Sri Yuktsuwar has given me a teaching whose truth I can discern for myself That is why I have embarked on this path, from which no one can move me or lead me astray

Another extreme is the liberal libertarian who follows everything and adheres to nothing!

Because he considers himself open-minded and broad-minded, he says, "All spiritual paths are good, so I won't be bound by any of them" But with all due respect to all spiritual paths and religious beliefs, one shouldn't be a spiritual butterfly constantly moving and flying in every direction

False liberalism and blind fanaticism must be avoided, and wisdom must be embraced instead in order to succeed in spiritual endeavors and find the purpose of life

Every effort one makes for God will be noticed by Him But unless a person follows a path to God based on sound reasoning, their spiritual progress will be slow Sincere seekers will gain some knowledge, but those who blindly believe and pray mechanically may spend many incarnations before reaching God

Search until you find the path that suits your emotional and intellectual inclinations, and persevere on that path Examine everything you read and learn carefully, and do not accept any teacher or teaching without putting them to the test

A jeweler can distinguish between genuine and counterfeit jewels Similarly, a true spiritual teacher can distinguish between sincere seekers and mere curious individuals Some receive spiritual teachings but fail to apply them in their lives However, the true benefit of any spiritual instruction lies in absorbing its spirit and applying

its practical aspects to daily life Talking about food or simply seeing it doesn't satisfy hunger A hungry person must eat until they are satisfied As the saying goes, "He who eats with his teeth benefits himself"

Spiritual seekers must first be taught to know God Focusing on money or health first is a distraction from the goal It is true that everything comes from God, but those who pursue other things first and foremost will feel the limitations of those things, even if they are the wealthiest and healthiest The accomplished and knowledgeable spiritual teacher knows and loves God, and their desire for God surpasses all other desires

A preacher tried to persuade me to accept his spiritual guidance, promising me a large following as a result But his offer didn't appeal to me because my sole aim is God, not to amass followers True teachers will always try to instill in you a desire to know God; they will never lead you down a dead end

The fundamental pillar of religion is harmony with God Places of worship should not become places of entertainment, dancing, film screenings, or frequent social gatherings These recreational activities distract people from God Entertainment should be kept outside of places of worship, which people should visit for one purpose only: to connect with God Feeling the divine presence in places of worship is the primary goal of visiting these holy sites and sacred places This is what I

have believed wholeheartedly and what I have lived by

If I were to tell you about a wondrous fruit I discovered and describe it to you meticulously every day for a whole year without ever letting you taste it, you would not be sufficiently convinced of its value Similarly, merely hearing sermons and lectures about the truth cannot satisfy the soul's hunger Those who are content with hearing without striving to know God attain only a false satisfaction One must feel a profound hunger for God, seeking Him earnestly and sincerely The purpose of religious lectures, sermons, and lectures is to awaken a growing spiritual yearning for God within the soul

From time to time, I meet someone in whom I sense a longing for God But knowing God is far greater than that! The seeker who truly knows God sometimes sees the entire universe filled with His light—what an amazing and wondrous experience! But this cannot happen overnight Knowing God requires long and consistent practice of those spiritual paths and methods that lead to knowledge of the Divine

The desire for happiness is the strongest of all desires True and lasting happiness is found only in God When you discover His presence, you are filled with immense joy, a joy you cannot find anywhere or in anything else My teacher, Sri Yuktiswar, told me:

When your joy in contemplation and spiritual harmony surpasses all other joys, you have found God If you were given the entire world, you wouldn't know how to handle it; you would feel burdened and constantly anxious about everything If you knew the lives of kings, presidents, princes, and worldly celebrities, you would find that they were restless and resentful, tossed about by waves of trouble and battered by winds of worry from every side They spent their days like puppets in the hands of fate But the one who is united with the Light of the World is a truly happy person Even if they possess nothing, they possess everything because they possess happiness The one who is united with God fears nothing because God dwells in their heart, and a heart in which God dwells is free from fear and worry

All places of worship serve a purpose, and that is why I love them all When they become places of genuine communion with God, they fulfill their sublime mission These places should be like beehives filled with the honey of God's knowledge, and therein lies their importance and value God loves sincere hearts who are wholly devoted to Him, and He will visit those hearts even if their owners are worshipping outdoors under the open sky When people gather to worship, they should do so out of love for God and a desire to feel His presence Sincere seekers are dissatisfied with dogmatism, rigidity, and theological arrogance What matters to them is an effective way to connect with and reach God

When a person loves God with all their being, all their actions will be based on truth, and their love for God will not allow them to exploit or mislead people for their own selfish interests

No matter how deep the darkness, light dispels it when it is lit If we light the lamp of divine love within ourselves, the darkness of ignorance will vanish The science of spiritual yoga helps the seeker focus their mind on God and direct their heart's love towards Him It also offers a proven, scientific method to enable the seeker to achieve the sacred harmony necessary for loving God completely

God has given us the capacity to love our family and friends, and we should use that capacity to love Him as we love our dearest people on this earth One should be able to say, "I love you, Lord, as a father loves his son, as a lover loves his beloved, as a friend loves his friend I love you because you are the source of all love and all good in existence, and because you are my father, my mother, my friend, my master, my beloved, and everything in existence to me"

When a person truly loves God from the heart, he feels that love for Him day and night

Many people call you "my dearest" or "my closest friend" today, only to abandon you tomorrow for one reason or another This is not love Those whose hearts are filled with God cannot harm anyone When you love God unconditionally,

He fills your heart with His pure love for all That love is beyond the power of any human tongue to describe

A person cannot love God wholeheartedly unless they know themselves This self-knowledge sometimes occurs unconsciously during deep sleep when one is aware of their own being as a spirit But it can also be attained through meditation When a person knows themselves as a spirit, they have discovered God's presence within The moon's reflection is not clearly visible in murky or agitated water, but when the water's surface is calm and clear, the moon's image appears perfectly This is also true of the mind: when the mind is at peace, you clearly see the moon-like face of your soul, for souls are reflections of God When we draw—through meditation—the turbulent thoughts from the lake of the mind, we perceive ourselves as a pure reflection of the divine spirit, and we realize that the soul and God are one

Yoga also teaches us to draw energy and consciousness from the body and direct them to their source, which is God It also teaches us to regulate and transform life force from physical consciousness to divine consciousness

When a person prays to God, their mind and focus should be entirely on Him, without thinking about anything else during those moments God knows our thoughts, and we should keep our minds on Him during meditation and prayer If our thoughts start to wander—which is their nature—

we should bring them back to focus and contemplation repeatedly When I pray to God, my mind becomes fixed on Him If you cultivate this quiet power of focus, you will find that one day, no matter how busy you are, days and nights will pass with your mind absorbed in God

We must also love others sincerely The average person is incapable of this kind of love because they are confined to their own small ego and therefore haven't yet realized that God dwells within them and in all other beings I love people and treat them equally because they are all spiritual reflections of God I cannot consider anyone a stranger to me because I know that we are all part of the one divine spirit When you grasp the true meaning of religion, which is knowing God, you will realize that He is your higher self and that He exists equally and without bias in all His creation Then you will be able to love everyone as your higher self

I do not seek to attract followers, for that is not my purpose in life It makes no difference to me whether hundreds or thousands attend my lectures or the seats remain empty In truth, I prefer a handful of sincere believers to hundreds of curious but insincere ones My sole aim is to help people know themselves When people realize that knowing God is a sacred duty and a spiritual privilege, we will witness a new dawn on this earth Books, sermons, and lectures will no longer suffice to satisfy the seeker who truly yearns to feel God's

presence But when they grasp the truth, they will know life for what it truly is

We must apply the truths we hear and read so that they don't remain mere ideas but become firm convictions Reading the Holy Scriptures should awaken in the spiritual seeker a desire to know God But there is no substitute for deep contemplation to reach that noble goal

What is truly needed is spiritual experience Only divine harmony can dispel the profound boredom that arises from a lack of purpose in life Spiritual experience is a certain reality and can be attained through daily, contemplative reflection It is possible to come to know God through meditation And when you experience His presence, doubts will vanish, the cloud of ignorance will dissipate, and you will feel a peace you have never known before, for divine peace is unparalleled

It is time for people to discover the truth for themselves What I am telling you, you too can discover if you wish These teachings may seem philosophical to some, but those who apply them know their value and reap their rewards

My teacher used to tell me with every new spiritual teaching I received from him: "You must know this truth" And I did!

When I found my teacher and discovered this path, I became certain from my own experience that it is a sound path that leads to the knowledge

of God and the truth, and therefore I dedicated my whole life to him and to serving humanity

Peace be upon you wherever you are in God’s vast world

Glimpses of spiritual knowledge

The teacher said to a disciple who sought his guidance on the spiritual path:

Do not yearn for people's recognition of you and your spiritual achievements, but seek only God

When you realize that there is peace within you, you will realize that there is peace and harmony in all that is good in creation

You will see Him in the beauty of nature, feel His presence in true friendship, and experience His blessings in noble aspirations and honorable intentions, free from selfish aims You will sense His presence behind veils of tranquility

And in all wonderful things

Knock earnestly on the door and the veil will be lifted and you will see the most glorious face in all its splendor and magnificence

If you love God, you will feel His love, and nothing else will be able to deceive you Material experiences will tempt you

Because you haven't tasted spiritual happiness When you do, you'll know the difference

Be free to choose Don't let anything restrict you, and don't allow anyone to control you or interfere with your happiness

Your self is a separate part of the cosmic whole and you must find that perfect whole in order to experience blissful consciousness and taste the delights of divine love

Bringing love out of the dungeons of hatred and resentment

We ask you, Lord, to shine your light upon our souls

And shower your lovers and those who seek your help with your abundant blessings

And may He keep the specters of war, violence, and death away from us

And inspire us to make peace our goal

And love is our provision

Our goal is liberation from restrictive constraints

* * *

If a person strives only to accumulate money and fulfill bodily desires

The gains he makes are meager and insignificant

Because the day will come when he will leave all worldly gains behind

But if he becomes rich through God

He will be richer than all the kings and wealthy people of the earth

Those blessed treasures are in the possession of those who love God

Those who are not satisfied with anything other than the richness of the soul

As they work to develop their spiritual inclinations

And to nourish their longing for the source of their life

And the resurrection of love from the depths of hatred and malice

They elevate their consciousness above narrow worldly considerations

To the horizons of freedom, peace, light, and joy

They realize their boundless expanse

They experience renewed perceptions and knowledge

And as they sow the seeds of good thoughts and deeds

In the spaces of their consciousness

Their insights are opened

And their cognitive powers are activated

Philamson, their true essence

They find the kingdom of God within themselves

We ask God Almighty to guide us so that we may renew ourselves

And we bring our spiritual being out of the dungeons of darkness

To the spaces of freedom, tranquility, and the lights of knowledge

Fresh fruits and vegetables are vital nutrients

From a lecture on nutrition

Delivered in Encinitas, California - June 1940

Meat protein is not the only vital source of energy

Some of the mineral salts found in uncooked vegetables and fruits are also important sources

While a large portion of meat does provide a significant amount of energy, if meat dominates the diet for an extended period, it will cease to provide that energy Furthermore, excessive protein intake can lead to protein toxicity, a source of fatigue and illness In short, too much protein is just as harmful as too little

If you want to get rid of fatigue, one remedy lies in proper nutrition Meat may provide temporary energy, but it introduces many toxins into the body Eating more raw, uncooked foods will reduce feelings of exhaustion and leave you feeling energized

Juices provide a significant energy boost, but whole fruits and vegetables offer far greater nutritional value However, some people simply don't want to dedicate the time to consuming them in this form

The digestive system extracts chemical substances and distributes them to appropriate cell types throughout the body

The body is made up of multiple chemical elements, and food must replenish the deficiencies in those elements on a daily basis

Daily food should include sufficient amounts of protein, vitamins, minerals, some fats and oils, and an appropriate amount of natural carbohydrates, while minimizing refined starches and refined sugar as much as possible

A great source of energy is a mixture of orange juice and ground almonds, as almonds are better digested when mixed with orange juice

It is also important to drink plenty of fluids If good quality water is not available, fresh fruit juice, coconut water, and watermelon are excellent supplements and partial substitutes for pure water

In the future, people will consume fruit juice and vegetable juice more frequently due to the health benefits that these juices provide

Both inferiority complexes and superiority complexes are bad

An inferiority complex is just as bad as a superiority complex because someone who feels inferior will not be able to show the superiority that is within them

Man, being of a spiritual nature, is endowed with a sacred spark, and it is wrong and erroneous to think that he is lowly or to think that he is above everyone and to act like someone who has no dignity or origin

When a person displays pride, the thick shadow of pride obscures the light of God within the soul

Therefore, both knots should be avoided together because both are obstacles to spiritual progress

Let us feel that God is with us, inspiring and guiding us, and that He is the greatest love in our lives

Those who know God feel that they are servants of everyone and do not think that they are better than others

The inferiority complex is associated with those who have weak ideas and a weak

subconscious, while the superiority complex is born of hateful pride and false arrogance

Both of these knots are destructive to spiritual growth and are based on illusion and disregard for the truth, rather than on sound understanding and correct judgment

Self-confidence must be cultivated by overcoming inherited human weaknesses Those who desire it should strive to experience its sweetness through tangible achievements in their lives, thereby freeing themselves from the complexes of inferiority and arrogance, with God's help

The secret and source of vitality

The body needs several hours to convert food into energy But anything that stimulates and activates the will generates immediate energy

Willpower draws vitality from the body's cells and from the brain's energy reservoir where energy extracted from food is stored

The will also draws new activity from the cosmic source into the body via the spinal cord

Therefore, the secret to vitality lies in preserving the energy a person has and bringing new energy into the body through willpower

How is that done?

Firstly, one must act willingly and voluntarily If there is something worthwhile to do, it should be done willingly and by choice

When you work willingly, you have a greater amount of energy because you are not only drawing energy from the nerves in the brain, but also attracting a great flow of cosmic energy into the body

A woman who prepares a delicious meal for her lover is filled with happiness and vitality

But if she is forced to cook against her will, she feels tired from the start

Therefore, willpower brings energy

short story:

Once, I was talking to a friend about saints My friend was a broker, and he didn't share my enthusiasm Instead, he said, "All those you call saints are actually charlatans who don't know God" I didn't argue with him, but changed the subject, and we started talking about the brokerage profession After he told me a lot about it, I said gently, "Do you know that there isn't a single trustworthy broker that they're all liars?" He became furious and retorted angrily, "And what do you know about brokers?" I replied, "That's exactly what I meant And what do you know about saints?" He was speechless I continued calmly and kindly, "I don't know anything about brokerage, and you don't know anything about saints"

Angels of energy

God created us as angels of energy

And we placed in physical bodies

We focused all our attention on fragile bodies

And we forgot the spiritual soul charged with the energy of cosmic life

Now we must make a real effort to concentrate

To regain a sense of total awareness

The root of success lies in growing spiritual insight

Through which we become aware of our immaterial nature

And that the image of God resides within us

The first flower in the garden of spirituality is the flower of faith and hope

The fruit, however, is actual knowledge gained through self-testing

Be optimistic and know that the good things and blessings of life await you

As long as you work with sincerity and dedication

To restore the lost divine heritage

A truly spiritual person is a balanced person

Someone who feels content, enjoys good health, and has growing insight

He possesses the riches of the soul and the treasures of wisdom

He is confident that divine help is coming

No matter how harsh life may seem and how adverse the circumstances

The face of God is revealed to us in the beauty of nature

And his voice speaks to us through delicate, refined melodies

And from the sweet, gentle voices of lovers

And through the resounding voice of duty

The incentive that drives us towards goodness and peace

Happiness and knowledge are the voice of God

Which calls us to return to the blessed house

A house of tranquility and peace of mind

And to enjoy his sweet presence

And its unparalleled, superior beauty

The world is incredibly deceptive, and we must approach it as such If we don't overcome its deceptions and illusions first, we won't be able to help anyone else

We must remember that in the solitude of a focused mind lies the factory of all great achievements And in this wondrous factory, we must continually weave the patterns of our will in order to overcome or effectively deal with all adverse circumstances

The will must be constantly trained and exercised

Man has many opportunities to work in this earthly factory as long as he does not waste his time and squander his energies in vain

At night I withdraw from worldly demands to be with myself

Far, far away from the world

Alone with my will in my spiritual solitude

Where I direct my thoughts in the direction I desire

I made the decision deep down

When I motivate my will to engage in healthy and beneficial activities, it creates success for me In this way, I have used my will effectively many times However, this is only achieved through consistent use of the will

What a wonderful feeling you will have when you are able to say and affirm, "My will, charged with divine will, will achieve for me what I desire!"

If a person becomes complacent and entrusts everything to the divine will without using his own will that God has given him, he will not get the result he seeks

Divine power wants to help you of its own accord

We must banish from our minds the thought that God, with His might and supernatural powers, is far from us and hidden in the far reaches of the heavens, and we must not forget that the divine will lies behind our human will, but that mighty power, like an ocean overflowing with its tides and extensions, will not come unless the mind is open and the heart is receptive

Supplication

O Universal Mother

To be the only flame in our hearts

And to dispel the darkness of our souls

And in our tears of love for you

Wash away our love for worldly things

And we are delighted to agree with you

Dispel our sadness and sorrows once and for all

Make our small hearts into a big heart

It accommodates your entire presence

And in the mirror of your divine nature

Let us see ourselves as perfect and pure

May the flames of our love for you rise high

Above the flames of earthly desires

Millions of temptations disguise themselves as you

And it deceives us constantly

* * *

Come, O pure and perfect divine joy!

Enter the temples of our longing for you

Let the planet be peaceful

In our mountains, in the dark nights of ignorance

May He guide us and bring us back safely

To your safe and secure haven!

Whispers from Eternity

The first quatrain of Khayyam

Translated by Edward Fitzgerald and explained by Master Paramahansa

Omar Khayyam’s fame in the West rests on Fitzgerald’s mid-nineteenth-century translation of his quatrains, which is considered the best ever translation into English

The teacher Paramhansa considered Omar Khayyam to be one of the great mystics and of a high degree of self-knowledge, and that he used symbolism to express his spiritual and experiential experience, and that he was crudely misunderstood, and that researchers did not delve deeply enough to understand his spiritual philosophy that he deposited in the quatrains

Awake! for Morning in the Bowl of Night

Has flung the Stone that puts the Stars to Flight

And lo! the Hunter of the East has caught

The Sultan's Turret in a Noose of Light

Arabic translation:

Wake up, for the morning has thrown a stone into the vessel of night

Dispersing the stars completely

And here is the hunter of the East

He seized the Sultan's tower

With a noose of light

Explanation and interpretation:

Explanation of meanings:

Morning: It is the dawn of awakening from the illusory earthly existence

The vessel of night: the darkness of ignorance that imprisons the immortal soul in the narrow, limited human consciousness

Stone: Spiritual refinement

Stars: The alluring glimmer of material desires

Hunter of the East: The mighty Eastern wisdom that destroys the remnants of illusions

A noose of light: the radiance of blessed wisdom, which destroys the oppressive darkness that imprisons and shackles the soul

Interpretation:

The inner stillness whispers:

"Awake! Abandon the slumber of ignorance, for the dawn of wisdom has broken Throw the dark vessel of the unknown with the stone of spiritual refinement to shatter it and scatter the dim, shining stars of dull material desires"

"Behold the light of Eastern wisdom, the hunter and destroyer of illusions, for it has seized the towering tower of the spirit with a noose of light, and dispelled its restrictive material darkness, utterly dispelling it

"O inhabitants of the city of illusions, abandon sleep! For the sunbeam of the spiritual message of inner wisdom has appeared"

Learn how to use the solid stone of spiritual refinement to break the dark vessel of ignorance

and expel the desire for temporary material pleasures from it

"Take a lesson from the hunter of wisdom, who constantly seeks out souls yearning for light and searching for truth, to encircle them with an aura of glorious splendor the splendor of eternal freedom"

The Return of the Prodigal Son

Once, many years ago, I saw one of my students walking in the opposite direction

Realizing the inevitable consequences of his actions, I tried to persuade him, using every logical means, to abandon his course of action, but I found I could not help him

Because he had intended to proceed down the path of evil

Finally, I said to myself:

"Since he wants that, I'll leave him alone"

But my love and concern for him returned quickly, so I sat under a fig tree and began to imagine him

With fervent enthusiasm, I continuously sent him the following intellectual message:

"God has asked me to ask you to change your mind about what you intend to do"

In the evening, a strong intuitive feeling I felt in my body and mind prompted me to believe that he was indeed coming back

Suddenly, the "prodigal son" appeared, having returned home He greeted them with a bow and said:

"All day long, wherever I went and whatever I did, I saw your face What does that mean?"

I replied: "God was calling you through me That was His call, not mine"

My desire was not motivated by selfishness, but I was determined not to leave

This place will remain open until your return

This type of design can bring about huge changes It's truly an amazing force!

When you set your course and decide to continue on your path, you must activate your will and make a practical effort, and you will then find that all the elements of success will come to you from where you know and where you do not know

In your will, charged with divine energy, lies the answer to your prayers

When you use that will, you open the window through which you get a response to your prayers

That is my own experience In the past I tried to do some things just to test my will, but now I don't do that because I know the result in advance:

everything I want is achieved thanks to God Almighty

From the book "Man's Ultimate Goal"

Let us make God the shepherd of our souls

And the divine light is the scout

On the dark paths of life

He is the guiding light in the nights of confusion

And the sun of certainty in the hours of wakefulness

And the guiding star in the sea of darkness of earthly existence

Let us ask for His help and seek His inspiration

Because the world will continue its ups and downs

Its events are turbulent like raging waves

Where will we get guidance from?

It is not in our fickle, biased habits

Nor from our environment subject to influences

Nor from our countries or our world

Rather, it is the voice of the guiding truth

Emanating from the depths of the soul

At every moment I think of God alone

I surrendered my soul to him

I entrusted my heart to him

I directed my love and longing towards him

We should trust nothing more than God

And that we should trust those who will reveal His light

That light is my guide

It is my wisdom and my love

The invincible force

And the truth that cannot be surpassed

Now and forever

There are people who are so extreme in their thinking that they believe that in order to succeed in life they have to work like a machine without stopping

On the other hand, there are people who are no less extreme than them, as once they become interested in spiritual matters they lose the desire for everything else, and that is a wrong position

They believe, for example, that there is no need to do anything requiring intense concentration and physical effort, and they advise asceticism and renouncing all material things But this attitude masks intellectual stagnation

Under a cloak of false spirituality

I have found that great teachers are very interested in the world but without any attachment to it When my teacher was given something beautiful, he would take care of it and protect it, but if it happened to break or become damaged, he would laugh and say, "My interest in it ended because it took up too much of my attention" He was detached because he was unattached

I feel the same way I appreciate what God gives me, but I don't miss it if I lose it

Once, someone gave me a beautiful coat with a hat, and it was an expensive set I was happy to take care of it and protect it from tearing and getting dirty until I got fed up with it and said: "Oh God, I don't need this trouble!"

One day, I went to a hall in Los Angeles to give a lecture, and as soon as I arrived and started to take off my coat, I heard the divine voice say, "Take with you all the things that are in the coat pockets" So I did

After the lecture, I returned to the coat storage room and found that the coat - may God protect you - had disappeared

I was very upset about that, so someone said, "Don't be upset, we'll buy you another coat" I said, "I'm not upset because I lost the coat, but because the person who took the coat didn't also take the hat that goes perfectly with the coat"

We must not allow our emotions to control us How can a person be happy if all they care about is their clothes and other possessions?

This does not mean not wearing clean and tidy clothes or cleaning and tidying the house, but rather not being overly attached to or obsessed with these matters

Once I was invited to a dinner party and everything was very elegant and well arranged I thoroughly enjoyed the dinner, but our hosts were extremely nervous, fearing that everything might not go as planned, and as a result, they spoiled the atmosphere with their anxiety

Those who are overly sensitive often sense the anxiety and discomfort of others Why the fear and apprehension? We should do our best, then rest and let others rest We should allow things to take their natural course without forcing them, and then those around us will find peace too

Parmenidean harvests

Behind human will lies divine will and the purpose of the unlimited flow of cosmic energy

It is to show everything that is good and beneficial in life

For this reason, whoever remains steadfast and consistent with the higher will will be granted success with God’s help

Willpower is energy and desire directed towards achieving a specific goal

Nothing can be done without willpower; indeed, not even a simple movement can be created in daily life without using willpower

Most people do non-essential things and do not focus their efforts in a constructive way

Wish is different from will, although wish can act as a catalyst for will

In developing willpower, one must first and foremost possess determination and use perception, discernment, and wisdom

This is followed by training and consciously using the will to achieve the desired goal

The journey and effort must continue until the goal is achieved

When one resolves to achieve a noble goal, it becomes inappropriate to cease trying

Or he might give in to adverse circumstances

When consciousness is in harmony with the higher will and thought and will are focused on a particular idea without interruption, the willpower will be saturated with the boundless and inexhaustible cosmic activity

Human will governed by ignorance and desires brings pain and trouble upon its owner

To taste true happiness, good desires must overcome bad ones, and the will must be directed in the right direction towards the source of truth and the origin of all good in existence

Why should a person refrain from bearing false witness? Because falsehood fosters hypocrisy and deceit

Betrayal is one of the greatest sins in the eyes of God To falsely accuse someone for personal gain or out of a desire for revenge is a form of perjury If everyone followed this practice, chaos and anarchy would prevail among people

Listening to false testimony against another person is an endorsement of the false witness and participation in his shameful behavior, and that listening and endorsement will inevitably turn into an internal emotional conflict that tears apart the peace of the soul and disturbs the tranquility of life

Even if it is justified temporarily, the action will ultimately backfire strongly and create distress and psychological pain that disturbs the consciousness and slaps the conscience

Envy also has harmful and dire consequences, as it brings personal suffering to the envious person because the thoughts and feelings that a person releases will come back to him

He who gives love and altruism will receive in return affection and altruistic treatment, while he who sends forth thoughts of greed, selfishness and

envy will bring these things upon himself in equal measure

Why shouldn't a person steal?

What would the world be like if everyone lived by stealing, robbing, and extorting? In that case, the most heinous and atrocious crimes would be committed There would be fierce fighting to protect property and recover stolen goods

Theft is an act that is contrary to social norms and deprives others of their rights, and therefore it is against the laws of existence, and societies do not have the appropriate facilities and effective methods to deal with the perpetrators

When thieves are imprisoned, their old habits may become more ingrained, and they may also acquire new bad habits while associating with other criminals If this happens, they will be far worse off upon their release than they were before entering prison

We ask you, Lord, to bless us so that we may not hear evil, see evil, speak evil, or breathe evil

We neither touch evil, nor sense evil, nor think evil, nor dream evil

The forces we use every day:

Our sensory perceptions

- and our feelings

- and our intelligence

All of it is borrowed from God, and we cannot live a single second without Him

However, while we use His gifts, we do not think about Him as we should, nor do we give Him the attention He deserves

Rather, we pursue sensual pleasures and worldly ambitions in complete alignment with and total connection to the material world

This is the root cause of all our pain and suffering

God created us in His image, and therefore we cannot know the taste of true happiness unless we discover His presence within us and taste the nectar of His bliss in our souls

Nor can we possess the blessed power necessary to obtain, by will, what we need daily

Unless we realize that God is the source of that strength, we must rely on Him and turn to Him

With hearts grateful for all the blessings that He showers upon us in a continuous stream

If you are grateful, I will surely increase you [in favor]

When our hearts overflow with gratitude to the Most Generous Giver, they become sacred temples for His glorious presence, and that is the greatest achievement one can attain, for the purpose of life

is for man to be in harmony with his Creator, to draw near to Him, and to know Him

{Seek first the kingdom of God and his righteousness, and all these things will be added to you}

By constantly remembering God and thinking kindly of Him, we will realize that He is our beloved, that we are His chosen ones, and that we have a share in His bounty

The kingdom of bliss, love, light, and goodness

When we contemplate God’s abundant blessings, the greatest of which is the possibility of employing freedom of choice in following the right path that leads to conformity with higher purposes and attaining spiritual happiness, every day becomes filled with renewed inner joy, and we feel a blessed current flowing into our lives, so gratitude fills our hearts, and life has taste and meaning

The person who, through contemplative thinking, can see the divine law that operates in a mysterious way never ceases to praise, thank, and humble himself before Him to whom all love, praise, and gratitude are due

Let us remember God, the source of all good in existence, and let us blend our remembrance with sincere love emanating from the depths of our hearts

To God, from whom life flows, love radiates, and blessings pour forth without ceasing

Let us remember fondly all those who lit a candle for humanity, or sowed good seeds in the soil of the world, or spread enlightened ideas, or encouraged good deeds and noble conduct

Let us open our hearts to love, let us make our minds receptive to enlightening inspirations, and let us ask God for help and guidance

In what we think about and do

Fear poisons the heart

The human mind is a vast storehouse of energy or vital activity

This activity is constantly used in muscular movements, the functioning of the heart, lungs, and diaphragm, cellular metabolism, blood chemical reactions, and in the functioning of the motor sensory organs (nerves)

In addition, a large amount of vital energy is spent on thinking, emotion, and will

Fear weakens vital activity and is one of the fiercest enemies of active will

Fear squeezes and hinders the activity of life that usually flows regularly towards the nerves, so that they appear as if they have become paralyzed, and the body becomes sluggish and its

vitality decreases noticeably and significantly (fear is a nerve blocker!)

Fear does not help eliminate the cause of fear It weakens the will and prompts the brain to send a hindrance signal to the body's organs Fear poisons the heart, impairs digestion, and causes numerous physical ailments

When awareness remains focused on God, you will fear nothing and will be able to overcome every obstacle and impediment

With courage and faith A "wish" is a desire lacking energy, while an "intention" is the resolve to do something: to fulfill a wish or desire But "will" can be expressed by saying: "I work tirelessly until I achieve what I want"

When you train your willpower, you can unleash and direct forces of vital activity, rather than wishing for something without doing what is necessary to obtain it

We must not lose hope, but rather realize that God gives us opportunity after opportunity to improve our circumstances, elevate our ideas, and create new and useful things for ourselves and others in life

If we are not happy with our lifestyle, we should explore new ways and methods that will give us a degree of satisfaction and psychological comfort

We should think about doing something that will improve our circumstances and make our lives meaningful and worthwhile, and then put that into practice

What is urgently needed is a change in consciousness or a modification of its course

We must resolve that we will not allow problems to affect us and throw us off balance, and that we will not let worrying things spoil our lives, occupy our feelings, and ruin our atmosphere

And that we will not be victims of harmful habits and damaging traits, and that we will be free and unrestrained like birds in the sky

There is no need for people to remain stagnant and unchanging The veils of illusion must be stripped from the essence of the soul so that it may shine with its purity and strength, revealing the noble splendor that God has bestowed upon humankind

God blesses good efforts, legitimate ambitions, and determination to succeed

Behind our lives lies the power of the Supreme Spirit, and behind our will lies the cosmic ocean of the Divine Will

We are an integral part of that boundless ocean When we reach it and swim in it, our consciousness expands and we feel our vastness

Thinking about it brings us closer to it, and contemplating it leads us to it

The continuous effort to harmonize with it provides us with knowledge, determination, and energy

Daily preparation of consciousness brings divine love and heavenly blessings

It flows to us without interruption and grants us a generous share of the ocean's treasures

There is a divine consciousness latent within every human being a consciousness waiting for the opportunity to express itself

And to get out of the narrow and restrictive cellar of the ego

Just as a person wakes up from a disturbing nightmare to realize that what he saw was nothing but a dream, so too does divine consciousness urge a person to wake up from the nightmare of slumber and confusion to a new awareness and sound understanding of the meaning and purpose of life

If we wish to experience the dawn of spiritual awakening and witness the lights of certainty, we must listen to the inner voice

We respond to its prompting We must remove from the path the stones of illusion and the rocks of ignorance that hinder the soul's progress and impede its movement

And let us knock with the hand of longing on the door of awakening from the slumber of apathy, so that we may breathe in the breezes of bliss and bring heavenly electricity to every thought of ours and every feeling of ours

And every one of our works

We ask God Almighty to open windows of awareness in our consciousness, to fill us with the light of wisdom, to surround us with His love, and to encompass us with His eternal compassion

Among those who came to me, there were people to whom I told from the beginning, frankly, that their motives were not sound, and I asked them to change those motives

A few of them did not like what I said, but others responded and changed for the better

Hypocrisy does not lead to a good outcome, and even the wisest of the wise cannot hide what their eyes reveal

A person's entire history is written in their eyes

If you wish to know someone's true nature, ask God to reveal that person's true character to you

Because you don't want to be deceived, you will feel deep in your heart its true nature and your intuition will not be wrong

When we speak to our companion, we should look directly into his eyes and speak with confidence, certainty, and truth

When we shake hands with someone, we should convey to them the magnetism of our love and sincerity, and try to help them as much as we can

The seeker of knowledge must be positive and work on developing his spiritual magnetism; then God will give him the power to help others and transmit blessed vibrations to them

I may travel beyond the farthest planets and stars, but I will always be yours Your followers may come and go, but I will accompany you and be yours forever I may be tossed about by the waves of countless incarnations and feel lonely and alone, yet I will always be yours

The world, preoccupied with your games, may forget you, but I will always remember you My voice may fade and I may fail

But in the words of my soul I will whisper: "I will always be yours"

Trials, illnesses, and death may tear me apart and scorch my body, but as long as there remains a glimmer of hope in my memory

Look into my dying eyes for through them I will tell you: "I will love you forever and I will always remain faithful to you!"

I tell you truthfully that I received the answers to all my questions not from people, but from God, the source of all generosity

And the source of all knowledge in the universe

He is my sole inspiration in life, and when I speak, I ask him to charge my words with his power, his truth, his love, and his light I feel waves of joy engulfing me because his greatest love pours into the soul like gentle breezes on hot days, and its pouring continues powerfully day and night, week after week, year after year, so you do not know where the end is

Humans think they need love and wealth from human sources, but behind every love and behind every wealth

Divine love that does not change and spiritual wealth that cannot be measured by earthly riches Whoever realizes that God is the source of all love, bliss, and grace will find it and be extremely happy with it

God gives to those who hope in Him, and to those who

He looks at Him, not at the creature

He relieves him of calamities and hardships

And he keeps evil away from the path

In his heart we live a peaceful life

And tranquil souls feel it

And when we need him, he comes to our aid

With a touch that brings comfort and joy

And goodness comes to us like pouring rain

Its supply never ceases throughout life

Blessed is the Most Merciful, how great He is!

He is always ours, just as we are His

Supreme inspirations

O Divine Creator

O Lord of the Universe

O You who manage and set in motion the planets, stars, and galaxies

Your just rule dictates granting free will and freedom of choice to your citizens, which will help them to develop themselves and draw closer to your sacred principles and ideals

You have bestowed upon us eternal freedom and planted within us the seeds of universal consciousness But unfortunately, we have shackled our universal consciousness behind the bars of selfishness, hatred, narrow-mindedness, and blind fanaticism

Lord, help us to melt – with our warm love and brotherly understanding – all the artificial, icy barriers and obstacles between us and others

Help us to use a vigilant conscience and sound judgment in self-control and to walk uprightly on the paths of life

And bless us to multiply our spiritual richness and our empathetic compassion by expanding the circle of our national love to include all the inhabitants of the earth, regardless of color, class, gender, and belief

O Lord of the Universe, let us respect and cherish the independence of all human beings born free

And bless us so that we may build a united world and elect you as our spiritual leader for life

From the depths of the soul

Oh Lord, let the embers of my longings glow

Your holy presence is ever-present

I have built a temple for my longings

In every one of my ideas

Would you please visit me?

And you sat on the throne of my love for you?!

May my thoughts follow your wise guidance

May you be the greatest joy in my life

From the gateway of thinking about God and reflecting on Him

I will enter the Temple of Sustainable Peace

Today I will light a bundle of sticks to represent worries and fears

To illuminate the temple of God in my soul

I will seek God in the solitude of my soul

And I will pray fervently until my heart beats with love for him

And I feel His response to my prayers

Oh, if only the spark of my life could mingle with the sun of God

And it flashes in all eyes that love goodness

I will sprinkle the world torn apart by wars

With thoughts of peace and love

I will enter the divine sanctuary

And I touch cosmic consciousness

Through the joy of contemplation and divine love

Divine protection surrounds me always and forever

And the light of God accompanies me and dispels the darkness around me

As long as I walk in His guiding light, I will not stumble

I will not stray from the right path

Living emotions

O Spirit of Existence and Master of the Universes

You are behind my sight, through which I see your apparent beauty

And behind my ear, with which I listen to the mixture of earthly sounds

You are behind my touch, with which I feel things in your earthly world

And beyond the veil of nature that hides your beautiful face

I see you in the comforting gaze of the flowers

And I taste you in the flavor of nourishing food

I sense your divine essence and your eternal sweetness

In all the good things and wonders that exist

I pray to you, Lord, and you are behind my trembling voice

And behind my mind, with which I pray

You are beyond my deepest feelings

Beyond my sacred thoughts and aspirations and my longing for you

You are beyond my reflections and beyond my tender love!

Oh, if only you would emerge from behind the veils of human emotions

And the breathtaking natural scenery

Open my spiritual eyes so that I may see you exactly as you are!

Life without God is incomplete

When we connect with God, intuitive understanding will inspire us and guide us in everything we do

We must consciously possess that blessed power That power is within us; we simply need to uncover it

You will find that this power is at work in everything to improve your circumstances and make things easier for you When you connect with this power, your well-being will pulsate with cosmic energy, and your thoughts will become more refined, focused, sharp, and penetrating You will realize that your souls are vessels for God's living truth and His inexhaustible wisdom

God is the source of health, prosperity, wisdom, and eternal joy When we connect with Him, our lives become complete and fulfilling

Life without God is incomplete We must think about that supreme power that gives us life, energy, and wisdom

We must pray that this truth may flow into our minds, this strength into our bodies, and this unending joy into our souls

Behind the darkness of closed eyes lie the wondrous forces of the universe, and all good souls and noble spirits

And the infinite expanse of the spheres of the soul

If you reflect, you will realize the absolute truth and you will see its wondrous work in your lives and in all that is wonderful and glorious in creation

On the paths of longing

God is calling me

Through open souls

And kind hearts throbbing with love

And it is full of faith

Every good deed done by the disciple

His awareness is one step closer

From the threshold of cosmic consciousness

Let me go inside, Lord

To behold your divine beauty

And I am blessed to see your radiant lights

If my life is guided by Your divine wisdom

Therefore, my efforts are bound to be crowned with success

I will not go astray

Bless me, O Lord, so that my vision may be clear

My soul is purified

Then he saw the sun of certainty

And I relish knowing the truth

Today I will forget my past difficulties

I will face the present and the future

With boldness and confidence, with the help of the Almighty

I will charge my body with cosmic energy

And I wash my being with the healing light of divine consciousness

Like a cosmic nebula

Peace fills my consciousness

And he felt God's infinite presence

O Lord, enlighten my insight

Fill my mental vessel

With understanding and knowledge

May the light of your love shine forth

On the paths of my life

In the Blue Islands archipelago

From my balcony, I gazed westward, and soared on the wings of imagination to the shores of the distant horizon To my right and left, I saw two mountain ranges that soon turned a mysterious purple hue

When I looked again, an unseen hand had enveloped them in a veil of deep blue Behind me lay the city of Guadalajara, bathed in the twilight The eastern sky was now tinged with soft pink Looking ahead, my eyes beheld a magical city of blue islands floating in a lake of gold

In this archipelago of magical blue islands, a massive hill of blue limestone rose, surrounded by gray-white volcanic clouds that spewed forth geysers of fiery red-gold lava, cascading slanted like a rainbow towards the tranquil lake Intense golden flames enveloped the blue islands in blazing halos of light

The blue peak and its fiery crown were reflected like twins on the surface of that silent golden lake And to the far right, a small, tranquil lake shimmered, nestled against the breast of one

of the blue islands like a full moon swimming amidst waves of clouds

I wandered for a long time in the city of sunset and mirage-like clouds, floating on the surface of the lake with its delicate golden light And how magnificent were those golden waters studded with red ice clusters scattered in every direction to the edge of eternity

I thought that beings of light were good souls on this earth, and after successfully passing all of life’s tests, they were allowed to have fun and embody their dreams as they wished

Every day at sunset, those beings would intensify their heavenly dreams in ethereal cities surrounded by seas and lakes of gold

There and behind the grip of sorrows and beyond the traps of this earthly world with all its tragedies and pains

There, beyond the annoyances, those beings breathed red lights, drank orange rays, moved away, drew near, roamed, and swam amidst multicolored lights

Here, those beings would instantly realize their dreams and embody their fantasies as they wished, then dissolve and vanish at their will

Here she enjoyed the treasures of contentment and satisfaction, and generously

granted the dreams of all who visited her in her wondrous, magical world

Here, she was not obliged to wait and wish like humans in order for her dreams to come true and her wishes to be realized, but she dreamed as she wished and achieved all those dreams and wishes by her own will

That sunset city in the Islands of Dreams was one of my dreams that lingered in the folds of the subconscious, and today it has come true in every way!

Truly, I have seen the hidden treasures and treasures of my soul, and their light has overwhelmed me and their brilliance has dazzled me!

Paramehansiat: Spectrums of Divine Ecstasy

Humility, O Lord, is the surest way

To receive the rain of Your divine mercy

I will place my trust in your divine justice and in the principles of truth

Realizing that you are responding to the call of love and the longings of the heart

In close cooperation with your overall will

And with my absolute faith in you

I will receive your help and feel close to you

Today I will do my duty towards you

Just as I fulfill my obligations to the world

O Greatest Beloved

You are the ethereal echo reverberating in the sanctuaries of hearts

And you are the voice of feelings that ears cannot pick up

Being blessed with your love is immeasurably greater

From all worldly considerations

And all earthly glories

With my absolute faith in you

I see the shadows of the illness fading away and going away without return

I will see you, Lord, from the windows of nature and the doors of peace

Shower us with your blessings

And immerse us in the waves of Your cosmic energy

Keep selfishness away from us

Which prevents souls from drawing closer

And their meeting was based on love of goodness and light

Let me water the flowers of my supplications

With the waters of thinking of You and meditating upon You, O my God

So that new, vibrant flowers may sprout

From inspiration, peace, and happiness

The only way to avoid wrongdoing is to develop sound judgment to recognize wrongdoing and resolve not to do it

One wrong fighting another does not produce a right Ignorance is humanity's true enemy and must be banished from this world We have everything we need in this world to usher in an age of prosperity, happiness, and perfect justice

The only obstacle is human selfishness, which makes this impossible Terrible and unjustified suffering is caused by human selfishness and the pursuit of self-interest without any regard for others

Money that could be used to feed and clothe the needy is instead used for destruction and devastation This selfishness, born of ignorance, is the root cause of global problems

Everyone thinks they are doing the right thing, but when they pursue only their own personal goals, they set in motion the karmic law of cause and effect, which will inevitably destroy their own happiness and the happiness of others

The more I witness the world’s tragedies caused by human ignorance, the more I realize

that happiness will not last even if the streets are paved with gold

Happiness lies in making others happy, and if everyone did that, everyone would be happy

And everyone would get their share of the earth's bounty

Since we came into this world from where we do not know, it is natural for us to wonder about the origin and purpose of life

We hear and read about a creator of this world, but we don't know how to reach him All we know is that the entire universe proclaims the existence of his divine mind

Just as the small and precise parts and devices of a small watch make us admire the watchmaker, and just as the large and complex machines of a factory amaze and impress us about their inventor, so when we see the wonders of nature, we are amazed by the intelligence hidden behind them, and we ask: “Who gave the flower a vibrant shape facing the sun? Where did its fragrance and beauty come from? And how were its petals formed with such extreme precision and dyed with such wonderful, joyful colors?”

At night, the stars and the moon, scattering their silvery light around us, inspire us to contemplate the consciousness that guides these celestial bodies in the vastness of space The moon's gentle light is insufficient for daily activity,

and so a wise and gentle mind suggests rest during the night Then the sun rises, its bright light allowing us to see the world around us with clarity and serenity, and we take it upon ourselves to fulfill our needs

There are two ways to fulfill our needs: the physical way and the spiritual way When our health deteriorates, for example, we can go to a doctor for treatment But there comes a time when neither a doctor nor anyone else can help, and we turn to the second way; to the spiritual power that created our body, mind, and spirit

Material power is limited, and when we fail, we turn to the unlimited power of God This also applies to our financial needs When we do our best and still don't receive enough, we turn to that power

Everyone thinks their problems are the worst Some people feel more pressure than others because their resilience is weak Due to differences in people's mental strength, they expend different amounts of energy If someone faces an overwhelming difficulty and their mind is weak, they will not be able to overcome it Those with powerful minds can overcome their difficulties by breaking down barriers and shaking their foundations Yet, even the strongest people sometimes face failure When we encounter overwhelming physical, intellectual, and spiritual troubles and hardships, we realize how limited life force is in this material world

Our efforts should be devoted not only to achieving good health and material security, but also to searching for the meaning of life

What is the purpose of life? When difficulties overwhelm us, we first turn to our surroundings, attempting every possible material adjustment we believe will provide relief But when we reach a dead end and say, "All my attempts have failed, what more can I do?" we begin to seriously consider finding an effective solution to our problem And when our thinking becomes sufficiently deep, we find the answer within ourselves This is a form of answered prayer

In the stillness of my soul

Let me meet you, Lord!

Possess me, and let me feel your eternal presence

Within me and around me

In the solitude of my thoughts, I long to hear your voice

Keep the loud earth noises away from me

Hidden in my memory

I would like to listen to your calm, soothing voice

And the singer is always in the tranquility of my soul

My God, where You are all-existent

You must be present

Deep within my being and conscience

Help me to show even a small part

From the hidden treasures in my spiritual mine!

O radiant light

My heart is awake

My mental health

Fill my spiritual temple with your glory

O eternal North Star!

Wherever I wandered and however I turned

The magnetic compass needle of my mind keeps pointing towards you

Whether you are stricken by the winds of misfortune

Or drenched by the rains of hardship and calamity

My mind was guided, however

To always turn towards you

My beloved bird, beating its wings

Amidst the clouds of confusion

and the storms of confusion

He will definitely find his way to you

In ancient times

In the heart of the ether

When we came into existence as spirits

We were all falling asleep

Under the blanket of divine love

And when God awakened us

We drove away from him

As in the story of the prodigal son

We have forgotten the divine bond of kinship between us

We became strangers to each other

And since we have abandoned our heavenly home

We have become in this world

Travelers traversing the corners of the earth

We walk the paths of destiny

We have gone too far

We have moved far away from our original home

However from time to time

Some places, experiences, and faces awaken us

Buried memories and deep inner feelings

She whispers to us

We feel as though we are experiencing it all anew

Things we already knew

We meet and connect with loved ones

We were close to them

In the distant past

O Creator of the universes

Your light shines in the great ones

May their divine knowledge inspire our understanding

Let us realize that you are the ultimate goal

What we strive to achieve

The greatest ambition

Which we aspire to achieve

Refresh us with the fragrant breezes of your presence

Fill us with longing for your glorious presence

May our being be nourished by Your divine wisdom

Let us feel your holy light

It permeates every aspect of our lives

And it strengthens our resolve

And dispels our darkness

And may peace envelop us

and optimism

And the desire to do good deeds

Between the Prince and the Enlightened Hermit

Once, a tyrannical prince went on a hunting trip with his servants and attendants, fully equipped and armed They ventured deep into the forest, blowing horns and beating drums

After hunting some birds, deer, and ferocious tigers, the prince and his entourage realized that they had lost their way

They had plenty of food but no water Despite their tireless search for water in the forest, they found none They had no shelter from the attacks of the ferocious beasts of the night, as darkness rapidly approached

The sun disappeared from sight, and the prince, who was leading the caravan, came to an old, dilapidated hut After he dismounted, he pushed open the unlocked door and entered the hut Everything inside was dark except for a

glimmer of light in one of its corners, and he thought despairingly, "Even the hut is deserted"

But driven by hope, he called out, "Peace Is anyone here?"

To his great surprise, he heard a calm voice replying to him calmly, saying: "Yes, I am here Are you looking for water?"

The prince stared for a moment into the darkness until he glimpsed the ghost of a human being, and was astonished that the man knew his thoughts even before he had met him or recognized him

The prince asked his host, "Who are you?" The host replied, "A poor ascetic devoted to God"

The hermit lit a lamp and the prince called his entourage, and they felt great joy at finding water and fruit in that remote forest

The prince asked the hermit, "Aren't you afraid of tigers and snakes?"

The hermit sheikh replied: "Of course not, tigers are my pet cats, and snakes are peaceful to me We are friends who always bask in the sun of God's love that shines on everything in this existence"

As the prince peered more closely at the hermit, he was seized with terror when he saw a pair of cobras dangling from the hermit's neck When he drew closer to confirm what he had seen,

the snakes hissed and squirmed, fluffing their heads, for they sensed the tremors of fear and the vengeful lurking in the prince's heart

Moreover, at that moment one of the forest tigers entered the hut and lay quietly at the hermit's feet After the man of God comforted it and patted its head, the tiger quietly left, heading towards the heart of the forest

The arrogant prince thought to himself, "This old man must be righteous and kind-hearted, for he protected us from wild animals and deadly thirst As a reward for his deed, I will make him rich" Then he addressed the hermit, saying:

"O Sheikh, your face shines with kindness and sincerity, and I appreciate all that you have done for me and my entourage Therefore, I want to entrust you with a secret by which you will become rich and wealthy This secret I am revealing for the first time, and only to you"

No sooner had he uttered these words than the prince took a stone from under his cloak and continued speaking, saying:

"I want to entrust you with this family treasure It is the Philosopher's Stone, and perhaps you will become rich by using it This stone makes gold, and it was given to my father by one of the great alchemists It has the ability to turn everything it touches into pure gold You can use this stone for a whole year and turn stones into gold, then sell

them to buy yourself a palace of gold I will come back to you after a year to visit you and retrieve my stone, which I consider more precious than my life"

The hermit did not want to accept that responsibility, but in response to the prince's persistent urging, he agreed to keep the philosopher's stone The prince saw the hermit carelessly place the stone under his belt (where people used to put their money for fear of pickpockets!), and then the prince went on his way

A year later, the prince returned with his entourage, expecting to see a magnificent palace instead of the dilapidated hut But he was disappointed when he saw that the hut was still standing and in worse condition than before So he dismounted from his horse and pushed open the door, calling out at the top of his voice: "Are you still alive, hermit?"

The hermit replied in a strong and deep voice: "Yes, praise be to God, O Prince Welcome to my humble home"

Immediately and without preamble, the prince shouted: "What's wrong with you, man? What did you do with the philosopher's stone that I left with you? Why didn't you use it to become rich?"

The hermit thought for a moment and then replied: "What is this philosopher's stone you are talking about, and what do you mean by saying

that I should become rich? In truth, I do not want to be richer than I am"

Panic seized the prince, thinking that the old hermit had lost his stone due to his indifference towards it, and he said in a voice tinged with pleading: "I mean the priceless philosopher's stone that you put under your belt a year ago? [Eddie, with your belt], tell me what you did with it?"

The hermit replied: "That's right that's right now I remember your precious stone One day I was deep in thought about God when I went to bathe in the river, and I think the stone slipped from my clothes and was swallowed by the water May you be safe"

The prince cried out at the top of his voice, "Oh, my irreplaceable loss! I have lost everything!" and nearly fainted from sheer astonishment The hermit splashed cold water on his face and revived him, while the prince's henchmen approached the sheikh, their eyes blazing with malice, trying to harm him But the hermit laughed and said, "Oh, Your Highness, of such high standing, I did not know that you would raise such a fuss over a stone Come with me to the river, and I will search for your stone and try to find it"

The prince replied, "Have you lost your mind? Do you want to search now for a stone that fell from you and was swept away by the current a year ago?"

But the hermit paid no heed to his words, and shouted at him, saying: “Little Prince, there is no need for all this fuss Wait until we search for the stone in the river Come with me, all of you”

As if under a spell, the prince and his entourage responded to the hermit's transparent magnetism and silently followed him to the river There, the hermit asked the prince to take his handkerchief from his pocket, hold it by its four corners, and dip it into the river, praying thus:

"O Prince of Princes, King of Kings, and Maker of all Philosophers' Stones, return my stone to me"

No sooner had the prince done so and lifted his handkerchief from the water than he was astonished to see with his disbelieving eyes more than twenty philosopher's stones, identical in properties to the original one he had lost Upon testing each one, he found that every single one could transform ordinary beach stones into gold The prince then tied the stones in the handkerchief and threw the bundle into the river

The hermit and his entourage shouted at him, "Why did you do that?" But the prince looked at the man of God, bowed before him respectfully, and said:

"I want, sir, to have what you have the one who considers stones that make gold to be worthless pebbles"

And so the prince abandoned his earthly kingdom in order to learn from the wise old man how to obtain the kingdom of the spirit, which is not contained by space and is not subject to annihilation

The moral of the story is that earthly wealth, however valuable it may seem, is fleeting and must be left behind in this lowly world when the body becomes a cold, lifeless corpse

Instead of using the philosopher's stone, which here symbolizes the ability to accumulate only fleeting riches, we should be like the ascetic who has devoted his time and ability to obtaining divine wealth that is inexhaustible and imperishable

Whoever comes to know God will possess riches beyond dreams, and if necessary, will give up material possessions as if they were stones, in the hope of acquiring spiritual wealth and enjoying true riches

In our dealings with others

It is very important to recognize and appreciate

Distinctive traits and noble qualities

Which they distilled from their experiences

And they shaped it from their own being

If we study people with open minds

We will be able to understand them and deal with them comfortably

We will also be able to immediately

Knowing the nature of the person we are dealing with

Don't talk to a philosopher about horse racing

Don't argue with a scientist about home organization

I know what interests the person and what captures their attention

And he told him about that subject

Not necessarily about things that interest you

If we want to understand others

We should avoid criticizing and condemning them

Instead, we should look in the mirror of our own discernment

To find out what needs to be fixed and improved?

That psychological mirror is very different

About the familiar mirror we look into every morning

Every day I look into that self-mirror

If I find something I don't like

I blame myself and work hard to correct it

In this way, a person sees his image

Reflected in its true form in the mirror of his soul

And it progresses day by day

On the road to happiness and peace of mind

May God bless you and peace be upon you

Network of Longings

Here I am, casting the net of my longings

In the vast sea of my thoughts

You have often escaped me, O precious divine prey!

However, I continue to delve into the depths of peace

And without ceasing, I cast the nets of my love towards you one after the other

I must one day catch you in the net of my endless longing for you

I throw this net of love of mine everywhere

Above the turbulent waves of life

And about the twinkling stars

And in the depths of good souls

All I know is that I'm a hunter

And I will continue trying to catch you

O dearest wish and greatest treasure in existence!

I ask Him to tear down the veils of ignorance and dispel the darkness of illusion, and to be the greatest ambition in your life and the strongest longing on the throne of your desires, and to help you transform lethargy and procrastination into a spiritual activity pulsating with joy, renewal, and enthusiasm I ask Him to give you to drink from the wine of divine love until you are intoxicated, and to visit you with a holy visit in which there is solace, and to wash your heart with the waters of love and gratitude, and to light in your being the lamps of certainty, and to melt your dreams in the reality of His blessed sea, and that you find in Him contentment and satisfaction, so that tranquility may dwell in your soul and the blessings of heaven may descend upon you

Stillness means calming thoughts

Calming the body and controlling its needs

Whoever is able to do that will experience a refreshing tranquility

He will feel sublime waves and impressions from refined worlds

And whoever delves deeper into stillness, then

He will discover the kingdom of God within himself

As long as a person is walking on the road

Every moment of his time is very precious

We are here on this land (the passage house) for a short time

Everything is transient, but the feeling of God is enduring

Nothing can erase it from the heart and soul

We must not allow the temptations of this world to sway us

By turning us away from our greatest purpose and our highest goal: God

Getting to know God is possible

We must find the master of the universes

From whose light the stars twinkle

And with His power hearts beat

We must look for him in the Temple of Silence

When we call upon God with longing and yearning

And when we think of him with burning longing

We will find him

I am not talking about an unknown god

Rather, it is about a Lord I have come to know

And it's true for me

It is more real than all physical things

It is the divine sea that sustains and sustains the waves of our human lives

We can do without everything

Except for God

{So exalted is God, the Sovereign, the Truth}

(Blessed are the pure in heart, for they shall see God)

It is natural for a person to feel the need to love and be loved But this longing of the heart is ultimately for the source of that love, which is God

Human love is based on many expectations, calculations, and subjective considerations, therefore there is no guarantee of its permanence because it is bound by conditions

Divine love, however, is unconditional, constant, and enduring If it touches your heart, you will find it with you always

In all circumstances, you will feel it as a source of protection and reassurance, even in the midst of hardship and misery

Amidst the suffering and arduous trials

Everyone may abandon you, but that sacred love will not leave you, will not let you down, and will not leave you prey to worries and illusions, because it is a protective force and a guiding light from heaven amidst the twists and turns of life

When human love is charged with divine love, it becomes pure and clear But if you separate the stream, which is human love, from the spring, which is divine love, it stops flowing and loses itself in the sands of the world

As long as human love is connected to divine love, it softens the heart, refreshes the conscience, and waters the gardens of the soul with the water of life

Love: A stimulant of the will

Everything I do, I do with all the love in my heart

If you try it, you'll find that you don't feel tired at all

Because love is the greatest stimulant of the will, and a will under the influence of love possesses an extraordinary power to do things that may seem impossible to some

Spiritual Insights

From the teachings of Master Paramhansa Yogananda

Selfishness that seeks happiness for itself without regard for the happiness of others, or that tramples on and destroys the legitimate interests

of others in order to achieve its own selfish goals, multiplies unhappiness and causes misery and wretchedness

O Lord, You are the source of boundless generosity and the overflowing fountain of blessings and goodness Let us also know the joy of giving, and let us give freely to meet the needs of others as if they were our own

When a person does not condemn others but tries to help them with understanding and love, then God's laws—as conscious forces—will treat that compassionate person in the same way

Whoever gives mental and material assistance to others with a heart overflowing with kindness and generosity will find that what he gives comes back to him, and this is the law of action that applies to hearts

What a person feels toward others creates constant vibrations in the ether, attracting a corresponding amount of empathy and kindness He who forgives those who have wronged him will attract forgiveness and tolerance for himself

***

Keeping company with good and intelligent people of strong minds, reading good books, exploring one's own inner self, engaging in creative works of art, science, literature, and fruitful and beneficial activities all contribute to developing and strengthening the mind, making it more receptive to higher knowledge Furthermore, daily meditation recharges the soul with divine wisdom

***

There is no comparison between the rich of the earth and the rich of the spirit, because the rich of the spirit are the richest of the rich in the eyes of God

***

Refresh us with the fragrant breezes of your presence

Fill us with longing for your glorious presence

May our being be nourished by Your divine wisdom

Let us feel your holy light

It permeates every aspect of our lives

And it strengthens our resolve

And dispels our darkness

And may peace envelop us

and optimism

It gives us the motivation to do good deeds

***

The root cause of global problems is selfishness, which is born of ignorance

Everyone thinks they are doing the right thing, but when they pursue only their own personal goals, they set in motion the karmic law of cause and effect, which will inevitably destroy their own happiness and the happiness of others

The more I witness the world’s tragedies caused by human ignorance, the more I realize that happiness will not last even if the streets are paved with gold

Happiness lies in making others happy If everyone did that, everyone would be happy and

everyone would get their share of the earth's bounty

***

A person must be able to control their life by eradicating the seeds and roots of failure by training their will on the right path so that it can shift and shake human illusions

This will is essentially unbreakable because it is a reflection of the divine will, and it already exists within man, and all he has to do is reveal it in his depths

***

When your followers are praying

I gather the rays of sacred ecstasy from their eyes

And I blend it with my spiritual fervor

To offer it as a refreshing drink for my thirsty thoughts

She drinks until she is satisfied, and her pains and fears disappear

For those seeking condolences and sympathy

I present this magical cocktail

In transparent goblets of sincere heart and good intentions

May everyone who drinks this blessed elixir

He experiences a perpetual state of euphoria and forgets his troubles and pains!

***

Give us the water of understanding

Millions of people were exhausted and worn down by spiritual thirst

So they began to jostle through the crowds of overwhelming ignorance

Many are shaken by violent tremors

They fall on the path

Ignorance crushes them with its hooves

Lord, we desire the water of peace

and the drink of wisdom

And the elixir of understanding

To quench our burning thirst

For without being quenched by the water of understanding

We argue, we quarrel, and we fight

We kill each other

Instead of trying to find

In the valley of the towering highlands

On the Lake of Understanding

Whose water quenches the thirst of the soul

It narrates the fields of emotion

***

Every time I send out waves of compassion and goodwill to others, I open a passage to God's love

So that you may come to me

Divine love is the magnet that attracts the greatest good

Enter, O Lord, the sanctuary of my soul through the window of longing in my heart, and through my fervent prayers

I will burn away all my intellectual and moral weaknesses in the fire of determination, for unless I rid myself of those weaknesses, I will not be able to see the divine, blessed flame

***

Oh, Lord

Today I will commit to accomplishing specific things and then I will do what I planned

I will first make sure that my intention is correct, and then I will feel your strength and, with your help and blessing, I will accomplish what I intend to do

***

Illness is of three types: physical, psychological, and spiritual

Physical illness results from multiple forms of poisoning, infectious diseases, and accidents

Mental illness is caused by fear, anxiety, anger, and other emotional disturbances

Spiritual illness, however, stems from a person’s ignorance of their relationship with God

Ignorance is the greatest disease When a person gets rid of ignorance, they also get rid of the causes of all physical, psychological, and spiritual diseases

My teacher, Sri Yuktsuwar, often used to say: Wisdom is the cure for every disease

***

As the sun’s rays spread, I will instill rays of hope in the hearts of the poor and miserable, and light lamps of determination and self-confidence in the hearts of those who think they are failures

When we realize that life is a school for learning and performing duties, and at the same time it is a fleeting dream, we will then know that God is with us

Life must be based on service, for without that noble goal, the mind that God gave to man will not achieve the purpose for which he was created

***

One night I went to bathe in the ocean in the moonlight The water was very cold, but I reminded myself that everything is made of electricity, that the same electricity that creates cold also creates heat, and that water itself is nothing but a manifestation of electrical energies

In the midst of this thinking, the light of God enveloped me, and the feeling of cold left me because I refused to accept it Instead, I affirmed the truth that everything is made of divine electricity

Years ago, the weather was unbearably hot, and everyone was panting Through mental association, their discomfort was transferred to me, preventing me from concentrating and writing articles Then I berated myself, saying, "Why all this?" and prayed to God

"Oh Lord, the same electricity creates heat in the oven and ice in the refrigerator The weather is mild!" Immediately the weather became pleasant for me as if a layer of snow had surrounded my body, and I began to feel greatly inspired and wrote without any difficulty

Once, I was traveling across the states in an open touring car with a group of young self-discovery students [references state that one of them was named Rashid] One of them was my

secretary He and I slept in the car and shared a small blanket

The night was freezing cold When I fell into a deep sleep, he pulled the blanket off me, and when I woke up halfway, I unconsciously pulled the blanket off him! This went on for some time Then my mind said, "Why are you acting like this? Everything is fine You're warm!"

Then I threw off the blanket, sat up, and began to meditate until my body felt like a hot loaf of bread When the disciples awoke two hours later, shivering with cold, they found me motionless I was absorbed in holy ecstasy, and they thought I had died They woke me from my spiritual rapture with their shouts, but I smiled and said, "Why all the noise, young men? Let's continue on our journey"

They protested, saying, "I was sitting in the freezing cold without a coat or blanket! Yet I didn't catch a cold I was the only one who stayed warm!"

Note: We do not recommend exposing the body to harsh climatic conditions The sage Paramahansa mentioned these experiences to demonstrate human potential and inherent capabilities, yet he still advised caution and moderation in dealing with such circumstances

***

I realize that my thoughts will bring me either failure or success, depending on which idea is the strongest in my life Therefore, I will try to remember that You, Lord, extend Your helping hand and pave the way for my success

I will adopt sincerity and honesty in my dealings and interactions with everyone, and I will spread loving thoughts and good wishes, and then God will support me with His strength and wisdom

***

When the mind is in harmony with God, the source of all goodness and the origin of all blessed powers, it becomes aware of the divine presence and possesses all the elements of success

These elements are closely related to the mighty power of God, who is able to create new reasons and opportunities for success in any field

***

We should seek out a community of progressive people who tell us the truth and help us improve ourselves

The best of friends is the one who humbly suggests ways we can use and things we should do to change our lives for the better

Harsh criticism, delivered with malice and hardened feelings, is like hitting a person on the head with a hammer, whereas love is more powerful and more beneficial

Kind suggestions made with love and understanding have the power to create wonders, while hurtful criticism of others accomplishes nothing of value

***

Even the deepest sorrows are healed by time, so there is no point in bringing up sadness every day of our lives

Prolonged grief over a departed loved one neither helps him nor us, nor does it change anything in reality

Developing an inferiority complex or punishing oneself for past mistakes or failures is not beneficial; rather, it makes life miserable and paralyzes mental abilities

We must not allow ourselves to fall into the pit of boring routine, because that is a psychological state that is far from comfortable, as it disturbs the mind and burns the latent abilities in the furnace of apathy

***

Human will is a powerful generator of energy By using willpower and the desire to access true energy sources, a person can quickly connect with the infinite distributor of inner forces

***

Every word, good or bad, leaves its vibrations (ie, its effects) in the body or brain, and in the life energy and thought in the form of inclinations and desires Therefore, the vibrations of all speech leave good or bad tendencies in the mind

The one who gets rid of the motives for distorting the truth establishes within himself a tremendous strength so that he does not bear false witness and all his words are true

***

O Lord, grant me the strength to use my voice to serve the truth by speaking sweet, beneficial, and refreshing words Play Your immortal melodies

on the flute of my life so that I may be blessed by the vibrations of Your holy tunes

***

We are an integral part of the boundless cosmic ocean When we reach it and swim in it, our consciousness expands and we feel our vastness

Thinking about it brings us closer to it, contemplating it leads us to it, and continuous effort to harmonize with it provides us with knowledge, determination, and energy

***

What appears to be a difficulty is in fact an invitation to unleash the powers stored within us, and with every release of the latent energies of good within us, we grow stronger and wiser

God extends a helping hand in hidden ways The peace of mind that descends upon the seeker during meditation is evidence of His presence, and the spiritual joy that the meditator feels is His response to his longings and love

A person needs to have enough time to enjoy the beauty of nature, to analyze his life, and to examine the things he considers necessary or that he thinks are essential and that he cannot do without, so that he can enjoy what he has and spend the necessary time with his family members and friends in order to get to know them better, and most importantly, to know himself

***

Those who know God understand that the inner soul contains eternal bliss within it And

whoever tastes that bliss and is content with it possesses lasting wisdom

***

Why does illness seem frightening? Because it brings pain and death

The disease must be eliminated from the body and from the mind and soul shrouded in ignorance

Pain is not limited to the physical body; there is also mental, psychological, and spiritual suffering We suffer from melancholy, from other unhealthy temperaments and psychological conditions, and from fears that are mostly imaginary Spiritually, we suffer from ignorance of the immortal nature of our souls

Divine power operates with extreme precision, therefore one must be in harmony and conform to it

We must allow the cosmic vibration of God to flow to us and through us

And to bring His living presence into our lives and charge our bodies with His blessed and healing energy

***

By replacing negative advantages with positive ones, confusion fades away and peace of mind is restored

When a disciple makes a firm decision to proceed on the path, nothing will deter him and no obstacle will hinder him

***

The body is made up of trillions of cells, and each cell is like an intelligent being The intelligence

latent in each cell must be awakened and trained to know everything that can be known, but man has not trained those cells, and therefore he lives in a state of depression, fleeting mental perceptions, and suffers from a lack of knowledge

Note: The above statement was made during a lecture by Master Paramahansa in 1927 Decades later, biologists were able to identify the DNA present in the nucleus of every cell Experiments have proven that the DNA in each cell contains incredibly precise information and intelligence

***

Sincerity and honesty are among the greatest qualities that I highly value in a person

Friendship grows with honesty and flourishes and thrives in the soil of sincerity

No matter how close we are to someone, we must sweeten that relationship with respect and proper behavior, then the friendship will be wonderful and lasting

However, familiarity that leads to recklessness and disregard for the feelings of others is destructive to friendship

***

A person needs true friends who have climbed the ladder of life to help him to continuously improve He should also help others to rise up and share with them the blessings of God that he enjoys

True friendship is the universal spiritual attraction that brings souls closer together and binds them with the bond of divine love

This love or friendship may occur between two or more people

When spiritual friendship dwells in the heart, the soul floats in the all-encompassing sea of the cosmic spirit, leaving behind the restrictions and boundaries that separated it from God's creation

***

I feel a connection with all of humanity, much like a person feels close to their family This feeling is indescribable, and when it comes, it brings with it a profound understanding of the meaning and beauty of life

***

It is wise to strive to do God's will in all that we do, for this is the path to inner peace and happiness This vast and boundless universe, with its diverse natural forces, is governed by God's guiding will Everything operates in accordance with the divine plan, and we are an integral part of that cosmic plan

We must do our duty, and we must play the role that God assigns to us, not the role that pleases us

***

From the archives: Have we met before?

In times long past, in the heart of the ether, when we came into existence as spirits, we all slept

Under the blanket of divine love And when God awakened us, we went far away from Him, as in the story of the prodigal son, and we forgot the

divine bond between us and became strangers to one another

Having abandoned our heavenly home, we have become travelers in this world, traversing the corners of the earth and walking the paths of destiny

We have traveled far and wide, far from our original home Yet, from time to time, certain places, experiences, and faces awaken buried memories and deep, inner feelings that whisper to us

We feel that we are experiencing again things we knew before, and we meet and communicate with loved ones with whom we were close in the distant past

***

Lord, bless us with the grace of divine love
Let our hearts melt with longing for you
And the fires of longing blaze within her
Perhaps our souls are imprisoned in physical cages
She breaks free from her constraints
And she sets off, driven by divine longing
To the shores of your eternity
O our eternal beloved

***

We ask you, O Lord
May your love shine upon our souls
And may the splendor of your glory shine upon us

And may Your wisdom guide us in all stages of our lives

And may He accept the love of our hearts and our longings

And bless us with the touch of your presence

And to enjoy being near you

***

When we begin to understand humanity in its entirety, we realize that it is not merely a physical being Within it lie numerous forces, the potential of which it utilizes to varying degrees in order to adapt to the conditions of this world And the potential of these forces is immeasurably greater than the average person imagines

***

The attraction of divine love works through pure enticement and gentle persuasion When the heart senses the call of divine love, it is possessed by a desire to expand the circle of its captive love to include existence and all that is in it Thus, the captive love is freed and becomes unrestrained outside the bars of selfishness and rigidity

And so love finds itself anew in the heart of God, and all is fused into that blessed oneness

***

We grow through every experience we go through, as long as we realize we can learn valuable lessons from them For every pain and suffering we experience has meaning and purpose

Despite the harshness of the experiments, they are like fire that melts iron ore to turn it into beautiful, durable, and versatile steel

***

Humility is the open door through which the abundance of mercy, love, and tranquility enters the good souls who love goodness and are receptive to the lights and blessings of heaven

***

Whether a person is a successful businessman, a shrewd politician, a tyrannical dictator, or a great reformer, his power is nothing compared to the infinite power of God

***

Arrogance causes spiritual blindness because it drives away from the soul the vision of the vast expanse that dwells in great souls

Great people realize that their strength is borrowed from the Almighty God who loves the humble and increases them in knowledge, guidance, and strength

***

True friendship is the light that inspires us to help each other so that we may see the gate of heaven and pass through it into the realm of divine love

***

Bad tempers are like cancer, gnawing at inner peace This explains why someone with a harsh temperament is unable to overcome their difficulties and problems

When a person restricts himself with harmful habits, he becomes unable to continue struggling with life, and as soon as he allows a negative mood to control his mind, his will becomes paralyzed

Those traits envelop the brain in a fog of confusion and bewilderment, and destroy sound judgment

A person can triumph through his mind and will, no matter how bitter and harsh life circumstances may be

***

The human soul is bound to the body by a chain of desires, temptations, troubles, worries, and fears, and it tries to liberate itself

If you continue to pull that chain that binds you to physical consciousness so hard, one day the divine hand will intervene and cut the chain, and you will become free

***

What is the value of life without good, loyal friends? The heart has a magnet that attracts true friends It is a magnet of love, selflessness, and friendly concern

When we shake hands with someone, we should convey to them the magnetism of our love and sincerity and try to help them as much as we can

***

There is no need for people to remain stagnant and unchanging The veils of illusion must be stripped from the essence of the soul so that it may shine with its purity and strength, revealing the noble splendor that God has bestowed upon humankind

God blesses good efforts, legitimate ambitions, and determination to achieve success

***

Oh, Lord

No matter what trials and tribulations I face

I know that it represents the next stage of my spiritual development

I am well aware that I possess the knowledge and the power

Those two things you give me

Certain understanding and certain victory

***

Heaven is a state of supreme joy where there are no troubles or sorrows

By continuing good efforts and good deeds, souls finally reach a state of lasting and renewed joy

Good deeds mean reflection and constructive and beneficial activities

***

When you are able to turn ignorance into wisdom

From weakness and frailty to health and vitality

Walk confidently and boldly – even if alone – on the paths of life

And the inner joy of possessing a living and vigilant conscience

And unwavering faith in God’s justice and in the triumph of truth over falsehood and reality over illusion

And when you try every day to release your thoughts towards higher and more refined levels

She has a loving and grateful heart

And good intentions towards others

Your intellectual nourishment is magnetic

And then it will attract to you everything that is beautiful and beneficial

From things, people, and circumstances that are needed

Continuing the journey towards the shores of security and safety

***

Adhering to positive silence and tranquility, even for just half an hour before going to sleep at night and getting up in the morning, will enhance the feeling of psychological comfort, which helps in facing all the difficult circumstances of the daily battle of life With that inner feeling, it becomes possible to achieve the daily requirements and needs

***

Reaching a state of higher consciousness accelerates spiritual progress and helps to dive more skillfully into the sea of the spirit

***

A person obtains happiness according to the quality of the seeds of thoughts and actions that he has sown and continues to sow in the soil of his life

***

The human mind is a vast storehouse of energy or vital activity

This activity is constantly used in muscular movements, the functioning of the heart, lungs, and diaphragm, cellular metabolism, blood

chemical reactions, and in the functioning of the motor sensory organs (nerves)

In addition, a large amount of vital energy is spent on thinking, emotion, and will

Fear weakens vital activity and is one of the fiercest enemies of active will

***

Hypocrisy does not lead to a good result The smartest of the smart cannot hide what his eyes reveal, for a person’s entire history is recorded in his eyes

If you wish to know the nature of someone, ask God to reveal the truth about that person to you, because you do not want to be deceived, and you will feel in the depths of your heart his true nature, and your intuition will not be wrong

***

Wish, intention, and will:

A "wish" is a desire that lacks the energy and an "intention" is the resolve to do something: to fulfill a particular wish or desire As for "will," it can be expressed by saying: "I will work tirelessly until I achieve what I want"

When you train your will, you can unleash and direct forces of vital activity, rather than wishing for something without doing what is necessary to obtain it

***

We must not lose hope, but rather realize that God gives us opportunity after opportunity to improve our circumstances, elevate our ideas, and

create new and useful things for ourselves and others in life

If we are unhappy with our current lifestyle, we should explore new ways and methods that bring us satisfaction and peace of mind We should consider actions that will improve our circumstances and make our lives more meaningful and purposeful, and then put those ideas into practice

***

Lord, let us consider no duty more important than the sacred duty to know You For every action, whatever its nature, can be accomplished only through the power of achievement You have bestowed upon us Let us therefore love You above all else, for without the grace of Your life and Your love, we cannot live or love at all We have sprung from God, and His very essence dwells within us in all His purity, glory, and surpassing bliss

***

Awareness of bliss:

There is no disagreement about the absolute existence of blissful consciousness, because when we possess that consciousness we feel that our individuality or our small personality has been transformed and changed, and that we have risen above the duality of love and hate, pleasure and pain, and have reached a level in which the states of ordinary limited consciousness appear clear and evident

We also feel an inner expansion and broadening, and a general empathy for everything

In this state, the noise of the world fades away, the excitement disappears, and within us emerges a sense of the oneness of existence and a clear vision of the cosmic light appears

All impurities and deviations dissolve into nothingness, and we feel as if we have moved to another world: to the source of eternal bliss and endless happy permanence

***

Fear squeezes and hinders the activity of life that usually flows regularly towards the nerves, so that they appear as if they have become paralyzed, and the body becomes sluggish and its vitality decreases noticeably and significantly (fear is a nerve blocker!)

Fear does not help eliminate the cause of fear It weakens the will and prompts the brain to send a debilitating signal to the body's organs Furthermore, fear poisons the heart, impairs digestion, and causes numerous physical ailments

When awareness remains focused on God, you will fear nothing and will be able to overcome every obstacle and impediment with courage and faith

***

The power to achieve success lies in the mind You will realize this truth if you hold fast to your convictions despite the world's doubts and the discouragement of those who try to bring you down There are no limits to the power of the mind Focus on this idea and fill your mind with the drive

to achieve and the determination to work positively toward your goals

Keep pushing your mind towards higher achievements Achieve spiritual wealth, and all other forms of wealth and prosperity will be at your command

***

Consciousness is limitless and boundless; it extends to the farthest stars and permeates every atom in the universe, down to the smallest electrons Human beings must feel one with this ocean of cosmic consciousness, transcending familial and national boundaries to recognize themselves as members of the greater human family

***

No one can influence a person except through the use or misuse of their will One must use the free will God has given them to seek Him, and then they will surely find Him

The disciple should remember that it is of utmost importance to associate with good people who have a positive influence and who help to inspire him, strengthen his will, and enhance his ability to discern

***

The teacher Paramahansa said to a group of disciples:

I have given you my love unconditionally and without reservation, and I am certain that I have received your love in return

***

Some of the people I have known in my life possessed all the things I once thought I would want, yet they did not find happiness in fulfilling those desires

I sought God first and found that His ever-renewing joy fulfills every desire and fills the soul with delight and contentment, and that He is more attractive than any thrill or temptation in existence

***

A person should not tamper with another person's heart or mess with their feelings, because the heart is the center of feeling, and because emotional complications cause the heart to feel anxious and disturbed

***

A person must look within themselves to identify the distinctive characteristics of their personality

Some people love writing, others are drawn to composing music or dancing and singing, and some tend to work in the field of finance and economics, and so on

Unfortunately, there are those who like to spread rumors and engage in gossip, or quarrel and fight

A person should not try to change their good qualities, but they should get rid of those things they do against their will that bring them unhappiness and regret as a result

***

Abnormal psychological attachment:

Victims of this disease become one-sided in their pursuit of happiness Believing that happiness lies in accumulating wealth, achieving fame, or possessing health or power, they sacrifice everything—health, a good reputation, peace of mind, honor, and dignity—on the altar of their burning ambition Too late, they realize that only a balanced life, one that respects the laws of nature and the precepts of God, and harmonizes activity with tranquility, can bring true happiness and fulfill the purpose of a noble life

Those suffering from unhealthy attachment disorders are consumed by thoughts of unbridled longing, leading to a distorted and warped view of life For example, a businessman achieved great success and amassed a fortune, but before he could enjoy his wealth, he suffered a nervous breakdown due to overwhelming worries and fears, and died heartbroken [May God comfort you]

Others believe that everything is permissible in order to achieve the goal Because of this confusion, they miss their true objective and are unable to attain even the slightest satisfaction, even if they possess those things they have longed for, because human nature is vast and multifaceted and requires balanced development on all levels

mental cold

This illness has another name: despair A person never knows when it will strike and suffer its distressing symptoms, such as hopelessness, intolerance, anxiety, and impatience Worse still, it

is often prolonged, and its victims frequently relapse easily, even if they believe they have recovered

Psychological catarrh

This illness is caused by dwelling on chronic worldly worries Those who suffer from it usually neglect to use their willpower and thus passively submit to their constant fears instead of confronting them courageously and eliminating them at their root

***

The greatest thing that husbands and wives can wish for each other is spiritual understanding that fosters emotional openness and that brings out noble qualities such as understanding, consideration of feelings, and love

However, it must be taken into account that spiritual growth cannot be imposed on others

When a person feels love towards others, their kindness will inspire their loved ones around them and positively influence them

***

God visits the hearts that have been purified by tears of longing and illuminated by candles of love

***

Teacher Paramhansa said to a group of students:

Don't expect a spiritual flower every day from the garden of your life

Trust that God, to whom you have entrusted your affairs, will reward you and fulfill your hopes

in due time Now that you have sown the seed of divine love in the soil of your souls, nurture it with supplication and good deeds, and uproot the harmful and parasitic weeds around it: the weeds of doubt, boredom, and lethargy

When sacred perceptions sprout, nurture them and water them with the waters of longing and faith, and one morning you will be delighted to see the blessed flower of self-knowledge

***

We must never forget the greatest beloved who is hidden behind all the loved ones and friends, and we must not let the love of fleeting worldly things take over our hearts, which should beat with the eternal, lasting divine love that has no equal and no love in existence surpasses it For when divine love possesses the heart, tranquility settles in it and the joy of the soul fills it

The scriptures advise humankind to contemplate God, to immerse their minds in Him, to surrender all things to Him, and to worship Him sincerely, without pretense or hypocrisy Knowing God should be the ultimate goal of life Worldly duties cannot be fulfilled without the help of the powers God has bestowed upon humanity

Nothing in a person's life should be considered more important than God If a person sincerely cares for God and fulfills their spiritual duty towards Him, their circumstances will improve in every way, and they will feel safe and secure despite all surrounding circumstances

***

A person must not infringe upon the rights of others, nor take away their land, peace, love, dignity, or any of their material and moral possessions

If you don't feel the urge to take what isn't yours, what you need or desire will come to you Stealing first takes root in the mind when a person begins to envy others The seeds of malicious desire must be uprooted from the mind

Spiritual altruism is the path then one will naturally attract abundance, and blessings will flow to them from sources they know and sources they don't It is an infallible divine law As for thieves and selfish people, they spend their lives chasing after material possessions, their eyes always on what others have, even if their own coffers are overflowing with gold

Unless material selfishness is abandoned, the world cannot know happiness

***

After a few years of marriage, thousands of husbands and wives ask themselves:

"Where did our love go?"

The answer for these people is: He was consumed by the fire of excessive indulgence and was overcome by selfishness and disrespect

When these dark qualities enter the heart, love turns to ashes

When a man and a woman mistreat each other, they destroy their happiness together forever

A man should help a woman show her good qualities and make her feel that she is not with him just to fulfill his desires, but as a companion on the path, for whom he has respect and appreciation, and whom he considers an expression of the highest aspects of life

Women should look at men in the same way

***

If you apply the wrong type of fertilizer to the roots of a tree, the fruit will be meager and stunted Similarly, when a person nourishes the tree of friendship with selfish feelings, their unworthy motives distort and spoil the fruits of that friendship

Being interested in someone simply because they are rich or influential and can do something for us cannot be called friendship Similarly, being attracted to someone because of their beautiful face is not friendship either When that face loses its youthful, captivating charm, the "friendship" will vanish and become a thing of the past

***

The good deeds that noble people do to help others should not be done for fame and renown or to satisfy the ego, but rather all deeds should be done out of love for God and to seek His pleasure

***

Those who enjoy backbiting, slandering, and gossiping about others will never know the joy of helping others with encouraging words and wise advice Harsh condemnation discourages the wrongdoer and provokes their anger

Most people are aware in their hearts of their weaknesses and painful congenital wounds, and these cannot be cured by caustic harassment and stinging reproach, but rather by the soothing, comforting balm of love

***

Lord, let me do what You want me to do, and let me not allow my ambitions or desires to control me Help me to accomplish the works that will make this world a better place in every way, so that my thoughts and actions may proclaim Your glory and remind others of You

***

Sleep is a blessing, for whatever your problems may be, you are freed from them when you drift off But you must learn how to consciously free yourself from problems during your waking hours If you have never tasted sugar, you will not know its sweetness Similarly, unless you fully utilize the mind's potential, you will not be able to appreciate its wondrous power

***

While His Honor the Judge was issuing his final decision regarding a delicate matter that meant life or death for another person, at the same moment he was thinking about domestic problems that had happened to him that day and was upset because his rule at home was not enforced!

If such a judge issues an unjust ruling that would lead to the death of an innocent person due to a lack of concentration, then he, in turn, will stand accused and condemned before the

Supreme Judge, the Judge of all sins: the universal law that knows no favoritism and in which there is no place for nepotism

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I still remember when I had an unexpected experience; from behind the clouds of contemplation, the dawn of spiritual bliss suddenly emerged and overwhelmed my being

That blessed experience exceeded all expectations, as I felt an indescribable joy, and the light of bliss illuminated all the dark corners of consciousness, banishing the shadows of confusion and questions

That light—like an X-ray—pierced through rough objects and showed me things that lay beyond the normal horizon of vision, east and west, north and south, in front of me and behind me, above me and below me, inside me and around me, and everywhere

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Destructive doubt is similar to paralysis in its effect It hinders constructive thinking and impedes willpower

It acts as a barrier to the benevolent works of higher powers and the laws of the universe, preventing God's blessings from reaching the soul It also brings a sense of anxiety and helplessness

He resists success and rejects ideas due to the whims of ignorance, prejudice, unfair bias, or uncontrolled emotions and passions

***

Spiritual rebirth means freeing oneself from the cage of ignorance and escaping the constraints of limited consciousness

Human life can sometimes be very beautiful, but becoming attached to it is like putting a bird of paradise in a cramped cage If you open the cage door, the bird may hesitate to fly out because it has grown accustomed to it

This beautiful bird is afraid and does not want to leave the cage and return to the unlimited freedom from which it came, preferring instead to remain in a small and limited area that is not in keeping with its nature

Thus, the human soul becomes accustomed to the body and becomes its prisoner, unaware that it is part of the infinite universe and that its earthly existence is temporary and it must return to its heavenly home

And freeing innate wisdom from the constraints and limitations of the body is what I call spiritual rebirth

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There are no limits to the power of the mind Focus on this idea and fill your mind with the drive to achieve and the determination to work positively toward your goals Keep pushing your thoughts toward higher achievements If you attain spiritual wealth, all other forms of wealth and prosperity will be at your command

***

When a person cannot fulfill a desire through their own efforts, they turn to God in prayer Thus,

every supplication uttered reveals a hidden longing within But by finding God, all desires vanish and all wishes are fulfilled

***

A person must do their best and be objective, unbiased, and free from restrictive attachments

He should also pay special attention to the studies (events and situations) that life puts before him because they contain the lessons he has to learn

***

Noble global goals must be introduced into this world, and ideals must be adopted that elevate humanity to high levels, refine its thoughts, curb its desires, and hone its noble talents

These can be activated through spiritual example and good curricula, not through brute force and devastating wars Political power is dangerous without spiritual principles to control and guide it

When I refer to spiritual principles, I do not mean specific doctrines, sects, or belief affiliations, but rather the universal laws: the laws of righteousness and virtue that apply to everyone and bring them goodness, well-being, and peace

***

Every person lives under the tree of their wishes, which fulfills all their desires That tree is willpower Human willpower, which is a reflection of divine will, possesses in its essence the power to realize a person's hopes and wishes

But whoever does not know how to control his wishes, desires, and thoughts should thank his Lord a thousand times because his undisciplined thoughts do not come true immediately, otherwise the wild desires would cause an automatic embodiment of predatory, ravenous tigers that tear apart the tranquility of the soul, crush the bone of happiness, and turn the oasis of spiritual peace into a barren wasteland

One should beware of dwelling on and constantly thinking about fear, failure, illness, and ignorance, lest these negative thoughts emerge like monsters from the darkness of the unknown and create serious problems that are difficult to deal with or control Negative thoughts bring nothing but harm to the individual; therefore, they should be replaced with positive thoughts if one desires good for oneself and others

***

When we realize that the abilities we need to think, speak, feel, or act all come from God and that He is always with us, inspiring and guiding us, we are immediately freed from turmoil

With this realization come flashes of pure joy, and sometimes a person's being is immersed in a deep enlightenment that immediately dispels thoughts of fear

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Every word, good or bad, leaves its vibrations —its traces—in the body, brain, and life energy of thought in the form of inclinations and desires Thus, the vibrations of all speech leave positive or

negative tendencies in the mind One who has freed themselves from the impulses to distort the truth establishes within themselves a tremendous strength, such that they will not bear false witness and all their words will be true

***

O Lord, grant me the strength to use my voice to serve the truth by speaking sweet, useful, and refreshing words

Play your immortal melodies on the flute of my life so that I may be blessed by the vibrations of your sacred tunes

***

O cosmic beloved
I see your face shining in the glowing jewels
And I glimpsed your blush in the rose petals
And I hear your voice in the birds' chirping, and I am enraptured
And I dream that I will meet you in every heart
I am overwhelmed with joy
Transcends description

Freedom from fear
Master Paramhansa Yogananda

Everything in the universe is composed of energy or vibration The vibration of speech is a more intense manifestation or expression than the vibration of thought The thoughts of all human beings ripple through the ether Because thoughts

possess a high vibrational rank, they have not yet been revealed Fortunately, we do not know the thoughts of all people!

By pressing or turning the radio buttons (and by other means these days), you can hear different tunes and sounds Were it not for the inherent awareness within the layers of the ether through which radio waves travel to your receiver, you would hear all the broadcast sounds at once

God created the ether and inspired the human mind to devise means of transmitting and receiving vibrations through this medium Radio waves rely on the ether for their propagation and on electricity for transmission and reception These vibrating radio waves are ideas transmitted through space to any resonant receiver

When you are close to a loved one, you sense their thoughts, but you may not be able to sense the thoughts of someone far away unless you possess a highly developed sensory perception Those who regularly practice concentration and meditation techniques experience profound tranquility and their thoughts become more refined as a result of this practice, enabling them to sense the thoughts and intentions of others even from a distance!

We are all human transmitters and receivers: you receive the thoughts of others through your heart, the center of feeling, and you transmit your own thoughts through your spiritual eye, the center of focus and will Your antenna is in the brain, the center of higher, intuitive awareness

Imagine you are far from home and want to know what is happening there If your senses are very calm and your mind is quiet, you will be able to sense the feelings and thoughts of your family at home When you possess a great capacity for concentration, your thoughts can penetrate anywhere, and your senses become charged with vital energy

Distance is relative because energy compresses space Distance diminishes with the development of communication technologies Imagine you were asleep and dreamed of flying to another country, then taking a train to a city, and then sailing to an island, stopping at several ports along the way All of this happens within a few minutes in the dream because there are no distances in the realm of thought

The entire world and space exist as an idea, and therein lies the power of the mind I can close my eyes and think about things thousands of miles away Space and time are merely mental constructs What is the difference between hot coffee and cold ice cream in a dream? When you wake up, you realize that the ice cream in the dream world was just an idea, and the hot coffee was also an idea—both were simply different ideas The mind possesses omnipotence and all-knowing power The mind I am speaking of is the mind of God And just as He is omnipresent through thought, so are we

When you try to listen to the radio, you sometimes hear static accompanying the broadcast Similarly, when you try to accomplish

something meaningful in your life, you experience another kind of interference that tries to hinder and impede your progress That interference is bad habits

Fear is another kind of disturbance that affects your psyche Like good or bad habits, fear can be both constructive and destructive For example, when a wife says, "My husband will be angry if I go out tonight, so I won't," she is motivated by a constructive, friendly fear There is a difference between friendly fear and cowardly fear I am speaking here of the friendly fear that makes a person cautious not to harm others unnecessarily Cowardly fear paralyzes the will Family members should only feel friendly fear and should not be afraid to tell each other the truth Acting out of a sense of duty, or sacrificing personal desires in service and love to another, is far better than doing so out of fear Even when a person refrains from transgressing divine laws, it should be out of love for God, not fear of punishment

Fear originates in the heart If you feel panicked about an illness or accident, you should breathe deeply, slowly, and at a regular pace several times, relaxing with each exhale This will help your blood circulation return to normal If your heart is truly calm, you will not feel fear at all

Anxiety awakens in the heart as a result of the sensation of pain Thus, we see that fear is rooted in past experiences Perhaps a person has fallen and broken their leg in the past, and so they dread repeating the same experience Constantly dwelling

on such painful experiences paralyzes the will and nerves, potentially leading to another fall and broken leg! Moreover, when the heart is paralyzed by fear, the body's vitality drops to its lowest level, allowing germs of disease to invade and harm the body

There is hardly a person who doesn't fear illness Fear was given to humans as a precautionary tool to avoid pain, not to be magnified or dwelled upon constantly Constant preoccupation with fear hinders our efforts to avoid difficulties and solve the problems we face Cautious fear is based on wisdom, like considering, for example, that a certain food is unhealthy despite the desire to eat it Fear of illness embodies illness People bring illness upon themselves simply by thinking about it If you are constantly afraid of catching a cold, you will be more susceptible to it no matter what you do to avoid it Don't paralyze your will and nerves with fear When anxiety clings to you against your will, you help create the very experience you fear It is also unwise to associate—excessively—with those who constantly talk about their illnesses and weaknesses Focusing on these matters can help plant the seeds of fear in your mind Those who fear tuberculosis, cancer, or heart disease should banish this fear from their thoughts lest they bring these undesirable conditions upon themselves As for the sick and elderly, they need a pleasant and supportive environment, surrounded by people of strong, positive dispositions, to encourage and uplift them with positive thoughts

and feelings Thought has great power Hospital staff rarely fall ill thanks to their self-confidence; indeed, their strong thoughts rejuvenate them and provide them with a constant source of vitality

For this reason, it's best not to tell others your age as you get older As soon as you do, they see your age reflected in your appearance and associate it with diminishing health and vitality The idea of aging creates anxiety and robs a person of life and energy Therefore, keep your age a secret to yourself We should remind ourselves that we are immortal beings, that we are blessed with good health, and that the world is full of goodness

Therefore, caution should prevail over fear Preventive measures should be taken, and every effort should be made to eliminate the causes of illness and free oneself from fear Germs are so abundant everywhere that if people were to become terrified of them, they would be unable to enjoy life Even with all the necessary health precautions, if a person could examine their home under a microscope, they would lose their appetite and desire to eat

Whatever you fear, turn your thoughts away from it Leave it to God and strengthen your trust in Him Much suffering is usually caused by anxiety Why suffer when illness hasn't even struck yet? Since most people's illnesses stem from fear, letting go of fear will instantly free them, and healing will be immediate Every night, before you sleep, affirm to yourself: "God is with me, and whoever has God with them has nothing to fear"

Mentally surround yourself with the Spirit of God and His cosmic energies, believing that any germ that attacks you will be struck down Repeating "O God, the Almighty" or "O Lord, the Helper" with complete confidence will protect you, strengthen you, and make you feel comfortable and healthy If you are in harmony with God, His truth will flow into you, and you will know that at your core, you are a spirit untouched by hardship and imperishable

Whenever you feel afraid, place your palm against your heart, rubbing it from left to right while saying: "O Lord, remove this fear from me and free my mind and thoughts from any distraction" Just as there are ways to get rid of radio interference, so too, if you constantly rub your heart from left to right, and if you constantly focus on the idea of banishing fear from your heart, the fear will disappear with God's help, and you will feel divine joy filling your entire being

Fear is always with man, and getting rid of it is possible by thinking about God and feeling His presence

Trust in God and be authentic in everything you do There are many imitators; don't add your name to their long list Master what you do and do it in a unique way that no one has done before The field is open for creativity as long as the desire is sincere and the will is there All of nature responds to you when you are in harmony with God

People often put themselves first, but we should think of others and help them to the best of

our ability, wishing them well as we wish ourselves When we do this willingly and wholeheartedly, we feel our circle of compassion expand and the bonds of affection between us and others deepen and grow stronger

In an environment with a population of 1,000 people, if everyone behaved amicably, each person would have 999 friends But if everyone in that environment behaved as an enemy to others, each person would have 999 enemies

Conquering people's hearts with the power of love is the greatest victory anyone can achieve in life Always strive to think of the good of others, and you will find the whole world at your feet This was the most magnificent achievement of the great people who lived and died for others Those with immense material power who live only for themselves are quickly shrouded in oblivion But those who live for others remain forever remembered The prophets did not have thrones of gold during their earthly sojourn, but they sit on the throne of love in the hearts of millions That is the best throne any human being can occupy

A person comes into this world crying while everyone else rejoices at their arrival They must work and serve during their allotted lifespan so that when the time comes to leave this world, they depart smiling while the world mourns them

God created this world so that humankind might use its intellect to attain spiritual knowledge and understand the divine Thought is a powerful

force, and this force should be directed in the right way to benefit oneself and others

If God hadn't bestowed love upon us by planting His love in our hearts, we would never have known human love at all Since God is so generous and loving towards us, He should be our purpose and the goal of our search He doesn't want to impose Himself on us, but no happiness can be achieved without thinking of Him and connecting with Him

The mysterious way in which the body and mind work, which God has distinguished us from all other creatures

Every other wonder and miracle in life should be sufficient motivation to make us intend to search for it and find it

Whoever tries this sincerely and honestly will succeed in his endeavor and will achieve his goal

When I embarked on this path, my life was initially chaotic and disorganized, but through repeated attempts and persistent effort, the clouds began to dissipate, and things became clear in an astonishing way Everything that happened to me was irrefutable proof of God's existence and the possibility of connecting with and knowing Him in this life Oh, the tranquility, the peace of mind, and the inner serenity that the seeker experiences upon finding God! The world then becomes bright and smiling, everything will be right, and nothing will be able to instill fear in the heart

This is how we must face challenges and fight the battle of life with the boldness and courage befitting the children of life and light

Discovering the treasures

Teacher: Paramhansa Yogananda

Translation: Mahmoud Abbas Masoud

Is there a force in the universe capable of revealing mines of wealth and riches, and uncovering treasures that were not taken into account and that we never dreamed of before?

Is there any power in the universe that we can turn to and rely on in pursuit of health, happiness, and spiritual enlightenment?

Enlightened teachers affirm the existence of this power and have demonstrated the effectiveness of the laws and principles of truth that will work for humanity if it tries them with an open mind

Success in the world does not depend entirely on training and self-sufficiency, but also on the determination to make the most of available opportunities

Life's opportunities don't come by chance; they are created and generated Human beings have created all the opportunities that have been and are available to them (whether in this life or in the distant past, including previous lives or incarnations) Since they have created these

opportunities, they must use and benefit from them to the fullest and in the best possible way

If we utilize all available external means and resources, in addition to our natural abilities, to overcome any obstacles that may stand in our way, we will cultivate the powers God has bestowed upon us: those boundless powers that spring from the very depths of our being We possess two great powers: the power of intellect and the power of will, and we must use these two sacred gifts to their fullest extent

A person's success or failure depends on the nature and pattern of their habitual thinking Which is more powerful in a person's life: thoughts of success or thoughts of failure? If thinking is negative most of the time, occasional positive thoughts will not be enough to attract success But if a person thinks honestly, they will find what they are looking for and achieve their goal, even if they feel surrounded by darkness

Every person is responsible for themselves No one else will give an answer or pay an account on their behalf on the Last Day

Our work in the world, where our past actions have placed us, is something no one else could accomplish And our work is considered successful only when it serves our fellow human beings in some way

No problem should be dwelled upon or constantly revisited Let matters rest for a while, and they may resolve themselves However, one should not remain dormant for so long that one loses the ability to discern Periods of rest should be used for deeper reflection and to reach tranquil horizons within the soul

When you are in harmony with yourself, you will be able to think clearly about everything you do Even if your thoughts become scattered, you will be able to gather them and refocus them The ability to achieve this sacred harmony can be acquired through effort and practice

In addition to positive thinking, willpower, hard work, and perseverance are essential for achieving success All outward manifestations and phenomena are a result of willpower, but this power is often not used consciously and rationally

There is an automatic will just as there is a conscious will, and the driving force behind all actions is unwavering determination or willpower, without which a person cannot walk, speak, work, think, or feel Therefore, willpower is the motivating force behind all actions, and failing to utilize this activity means complete inactivity and lethargy, both physically and mentally Humans use willpower even to move their hands, and it is impossible to live without using this power

Automatic willpower is the unconscious use of willpower Conscious willpower is a vital energy

accompanied by determination and effort; it is a generator of power that must be directed wisely and thoughtfully When a person trains themselves to use wise, thinking willpower, rather than unconscious, automatic willpower, they must also ensure that their willpower is used in a beneficial and constructive way, not for harmful purposes or to acquire trivial and useless things

To cultivate a strong and effective will, one must intend and resolve to do things they previously thought impossible Start with the easier tasks, and as your confidence, strength, and willpower grow, gradually attempt more challenging and difficult ones

First, one must ensure that a good and noble goal is set, and strive to achieve it with all energies and capabilities, with a complete refusal to give up or admit failure, no matter what obstacles stand in the way

One must use their full will to master a task at once and not waste energy or leave things unfinished before embarking on a new adventure

Peace be upon you

How to read other people's morals

Studying the morals of others makes a person more aware of things that can help them improve their own character However, studying morals

negatively is contrary to truth and conscience, and has destructive consequences

Everyone avoids the "secret morality police" whose sole purpose is to expose and defame others Many of those who enjoy criticizing others cannot bear criticism themselves, even though they may possess the very flaws and shortcomings they lament seeing in others, according to their "pure" consciences

The study of character is particularly important for one fundamental reason: we constantly need to observe the good qualities in others and cultivate those virtues within ourselves I study character when I have to deal with certain people But my selection stems from a completely different perspective Sometimes I allow someone I know to be unkind to be with me, hoping they will benefit If they respond to my spiritual guidance for their own good, they will change for the better; if not, I will have done my best

I am like a physician who exposes himself to illness in order to help the patient All physicians take this risk because they desire to serve and help The same is true of the spiritual physician He takes it upon himself to examine others and point out their weaknesses and pains in order to help them improve their souls

Jesus said, "Do not judge, or you too will be judged" (and in the Quran we read, "Indeed, some suspicion is a sin") This is a clear condemnation of criticism motivated by ill intent and a desire to harm others Such behavior is harsh and corrupts

the atmosphere of friendship and affection among people Criticism is utterly useless unless it is offered with genuine love and when the other person desires it It should only be given with the intention of helping that person Those who have learned self-control have the right to help others From this perspective, the study of ethics is both effective and worthwhile

One branch of the study of character is based on physiognomy It is said that all prominent traits in a person are clearly reflected in their body This statement cannot be generalized because not all physiological characteristics or manifestations accurately predict psychological life

Aristotle studied physiognomy as a guide to understanding character Indian masters go even further and deeper They say that the fundamental ideas of human life are revealed in the eyes And although the eyes reveal the innermost secrets of the soul—not only of this life but also of past incarnations—only the mind of an enlightened master can read and analyze these insights

Sometimes you are walking down the road and suddenly you notice something in the eyes of a passerby, and you say to yourself, "I don't feel comfortable with that person" or "I like that person," depending on the situation

The eyes tell the whole story Fear, anger, envy, greed, generosity, love, courage, spirituality, and all good and bad qualities are reflected in the eyes Secret agents can control their facial muscles so that their expressions don't betray their

intentions But they can't hide or remove suspicion from their eyes (which is why some wear dark glasses!) The yogi's eyes, however, are still because he is contemplating the serene, tranquil divine spirit

Every facial and bodily feature has been studied Even the prominent bumps on the head have been analyzed But physical appearance doesn't always tell the whole story, and different cultures draw different conclusions from their observations and studies Some say that overweight people are pleasure-seekers and averse to work, while thin people are more spiritual

Caesar was wary of Cassius, whom he perceived as a threat to his power Some writers theorized that thin people think too much, which is why they lack flesh However, history shows that both thin and obese people have been good rulers

If you are consistently overweight now, you have been overweight many times before (in previous incarnations) Or if you are persistently thin, you have been so in several past incarnations You have inherited the predisposition (to be overweight or thin) from the past And no matter what you eat, that mindset remains dominant and more capable of manifesting itself

Physiognomy, as a science aimed at interpreting human nature, is a true science if we consider that all the thoughts that have passed through a person's mind throughout their many incarnations appear manifested in their body However, this requires the keen intuition of an

enlightened spiritual teacher to fully and accurately discern the characteristics of physiognomy in that person

Socrates, for example, was extremely ugly Once he met a great astrologer who told him: "Socrates, you are the worst and most wicked man I have ever seen" Socrates' disciples were very angry with the astrologer, but their teacher replied: "You are right I was all of that in the past, but although I have now overcome those vile qualities with wisdom, the things I did are still imprinted on this body, which makes it look hideous"

(This reminds us of the appearance of one of the most prominent Arab writers throughout the ages: Abu Bahr al-Jahiz, of whom it was said:)

If the pig were to be transformed a second time, it would still be less ugly than Al-Jahiz's

A man who acts as a substitute for hell himself; he is the speck of dust in every corner (observe)

No two faces are exactly alike Each face is different because of the qualities and characteristics that have manifested themselves in this life and in previous lives It is not simply a matter of judging people as good or bad based on their current appearance, whether pleasant or unpleasant Saint Francis of Assisi was not physically attractive, while his disciple, Brother Macedonius, was a handsome man But Macedonius did not possess the great spiritual beauty that Saint Francis had

Another branch of investigation related to physiognomy is pathognomy: the interpretation of a person’s emotions or the way they express their emotions through gestures, facial expressions, and body movements, and by studying their reactions to certain events

Feelings and habits indicate a person's subjective characteristics, but most people have developed the ability to hide their true feelings because they do not want to reveal themselves to others

Two husbands heard the news that their wives had drowned together One showed profound grief, while the other remained silent However, the one who outwardly expressed sorrow actually loved his wife less than the husband who showed no distress at all through his facial expressions Thus, pathogenesis—the understanding of genuine emotions and reactions—is a very profound field of study

People can be analyzed more accurately and reliably based on their emotions and physical appearance I combine both methods for the most accurate and reliable analysis All those who come to me for training are placed in specific situations to see how their minds and emotions react If they respond negatively, I try to correct them But I only do this if the person asks for my advice and gives me the authority and permission to guide them

Some people become emotionally involved for the slightest reason Western musicians are generally very emotional, and much of Western

music is emotional because it revolves around stories of human love In India, music is centered around the concept of God, and this is the secret to its ability to soothe the storms of emotion and bring about deep spiritual peace This doesn't mean that all Western musicians are emotional or all Indian musicians are spiritual, although they are likely to be The Sanskrit word for musician means "praiser of God"

When dealing with emotional people, you can rarely rely on them or trust their consistency Today they are with you, and tomorrow they leave you or turn against you I have seen people come to the hermitage and within a few days try to convince you of their exemplary devotion, but after a short while they are gone and you never see them again

Nothing hurts me more than the breaking of a friendship and the violation of its sanctity When I give my friendship to someone, I never take it back

It's easy to distinguish between the mechanical and the thinking types of people The former want to act, while the latter want to think and reflect Both are needed The mechanical types want to act immediately and therefore need someone to guide them in channeling their energy into spiritually enriching activities To help both types achieve a harmonious balance, I advise the mechanical type to meditate and think more, and I advise the thinking type to reflect and act more

Those addicted to bad habits such as overeating, smoking, and drinking alcohol should be treated with care, because preventing them

from fulfilling their desires only breeds anger If you take food away from a glutton, he will become resentful It is futile to try to help these slaves to their senses unless they show a genuine desire to improve

Those with mental balance will recognize God The Lord of the Universe sits upon the throne of mental balance And through this balance, humanity enjoys perfect peace

According to Indian philosophy, every human being is dominated by one of three basic qualities:

Satwa: It is a characteristic of spiritual people who eat appropriate food wisely, cultivate good habits, and love God

Rajas: This is a characteristic of those who are constantly active, who continue to work until death

Tamas: It is a characteristic of those who fill their lives with quarreling, anger, envy, indulgence in sensual pleasures, lethargy, and creating confusion and chaos among people

Any habit that hinders spiritual progress must be overcome, and the seeker must be master of their thoughts and actions Few truly know where their good lies

Using the following method, you can judge any person Ninety-nine percent of all people fail this test: ask anyone to do something—for their own good—and they will do the exact opposite Why? Because they lack the strength to resist their desires Their worldly habits are deeply entrenched and powerful Very often, people do not do what you suggest—even when they know it is for their

own good—to prove that you cannot influence them Those who wish to improve themselves should associate with those who are self-controlled and calm Try to connect with those of high spiritual standing, and you will benefit greatly The weak should associate with the strong, even the strongest! A wrestler only grows stronger by wrestling with someone stronger than himself

Some say that a woman is as cunning as a cat But a man can be as cunning as a fox too The cat eats the pet canary and then sits still like a meditating yogi or a venerable elder, feigning innocence in that heinous act

Some people enjoy destroying the peace and happiness of others Their goal is to harass and annoy, and they behave like predatory wolves, roaming through society in search of quarrels and fights, finding no peace until they have disrupted the tranquility and created a tense atmosphere

Some types of people were likened to jays, chattering all the time It was said that man was created first, and then the god Tuashtari took the gentleness of the moon, the softness of down from a goose's breast, the freshness of flowers, and the chatter of jays, and blended these together to create woman The man's joy was indescribable But after a while, he went to Tuashtari and said, "What a beautiful creature! I truly appreciate her, but she talks incessantly and has made my life miserable Please, my lord, take her back" Two months later, the man returned to Tuashtari and said, "I am deeply saddened Please return the woman to me"

Then, after a while, he came again and said, "Please take her from me" But this time, Tuashtari replied, "I will not! You must keep her!"

Poor man! He couldn't live with her, but he couldn't live without her either!

Women, too, can complain about men Unless men and women understand each other's nature, they will unknowingly and foolishly torment one another They are equal in God's eyes No man is born without a woman, nor a woman without a man It is the duty of both to create a balance between their outward and inward qualities Men are guided more by reason than emotion, while women are driven more by emotion than reason Both must strive to achieve a psychological balance between reason and emotion in order to become well-rounded and complete individuals

Some people—may God forgive me for saying this—behave like donkeys Despite their great and prolonged suffering from the consequences of sensual enslavement, they stubbornly and persistently continue to feed their bad habits It seems they have very poor memories They quickly forget the painful results of their lustful indulgence and learn nothing from their experiences In this respect, they are like cattle, or even worse!

In nature, animals of all kinds represent every emotion and trait But humankind contains them all within itself A person can act like a snake, a wolf, a fox, or a lion Within us lies the source of hell or the wellspring of heaven We must learn to increasingly

manifest angelic qualities and noble traits in our thoughts, words, and deeds

While it is possible to study character by analyzing eyes, emotions, and physical features, as we have explained, the greatest, most sublime, and most accurate method is to study character with the aid of inner vision or intuitive feeling If your feelings and mind remain calm, you will be able to sense the nature of every person you meet or interact with in one way or another, and your feeling will be intuitive and truthful, and no one will be able to deceive or mislead you

My role is to welcome all kinds of people for training and assistance It is unfair to confine someone's potential to a single area and analyze them from only one perspective But whether that person changes or remains the same, insight will tell you more than simply observing their eyes, emotions, or facial expressions, regardless of their nature Insight is the greatest analytical power Just as a mirror reflects what is placed before it, so too, when your mind acquires the property of a mirror, you will see the true qualities of others reflected in the mirror of your soul

If you work to help others, reflect, and remain calm, the true character of everyone who comes to you or communicates with you will become clear and unvarnished Peace be upon you

Pearls from the sea of universal wisdom

Inner calmness must be cultivated to get rid of nervousness

A person with natural composure maintains their balance and remains at peace under all circumstances They also do not allow emotions to control them and lead them to make wrong decisions

He is not fooled by the flowery, sweet talk used by opportunists to gain undeserved benefits

Because of his natural calmness, he is rarely deceived or misled Indeed, his heart reveals the true nature of those he deals with and exposes their intentions with remarkable accuracy

He does not poison his body tissues with anger and fear, which have a negative effect on his blood circulation

It is a proven fact that a mother's milk produced by an angry mother can have a harmful effect on her child There is ample evidence that intense emotions have the power to damage and destroy the body

Balance is beautiful and should be the foundation of our feelings, thoughts, and actions, and the axis around which our lives revolve

* * *

Since the mind is the brain, the senses, and the perception of all living cells, it can keep the human body either active and alert or lethargic and depressed

Reason is king, and all the cellular subjects behave exactly according to the mood of the reigning master

Just as we care about the nutritional value of our daily food, we should also pay attention to the

psychological nutrients we provide to our minds every day

* * *

Pandemics, disasters, and violent changes that occur in nature and bring with them ruin, destruction, and mass harm are not “divine decree”

These disasters are caused by human thoughts and actions Wherever the world's vibratory balance of good and evil is disrupted by the accumulation of harmful waves and vibrations due to human ill intentions and wrong actions, chaos prevails and widespread destruction occurs

The world will continue to suffer from wars, disasters, and tragedies until humanity corrects its flawed thinking and actions Wars do not occur as divine decree, but rather due to widespread material selfishness If people were to rid themselves of individual, industrial, political, spiritual, and national selfishness, wars would cease to exist

When the material spirit occupies human consciousness and dominates thought, it emits transparent negative radiation The cumulative force of these negative vibrations severely damages the electrical balance of nature, causing earthquakes, floods, and other disasters

God is not responsible for it Human ideas must be controlled before controlling nature becomes possible

* * *

Thoughts and words of a spiritual nature are precious jewels that radiate infinite wisdom and divine love

Every refined expression of the soul is like a philosopher's stone that transforms the cheap metal of ordinary consciousness into the gold of closeness to God and the feeling of His presence

It is time for man to awaken his consciousness from the slumber of forgetfulness to the awakening of the spirit

We ask you, Lord, to raise our awareness from the depths of ignorance and narrow, limited thoughts to the horizons of peace, light, love, and universal human compassion

* * *

To achieve success:

First, define your goal and ask God to inspire you to take the right path that leads to achieving that goal, and reflect

Then act according to the internal guidance you receive and you will reach your goal

When the mind is calm, things will become clearer and smoother, and success will be achieved more quickly because the workings of the cosmic force can be proven through the application of the correct law

* * *

One should use courtesy and tact when dealing with people This is not hypocrisy, but rather respect for the feelings of others

Man is not a stone, but a thinking and conscious being, and people should not be treated as if they were inanimate stones

A person who is always preoccupied with other people's affairs becomes a source of problems

If what you're about to say will have a positive outcome, and if the other person is receptive to it, then say it outright However, sometimes the person you're about to say doesn't want to hear it and will do the exact opposite of what you want them to do

When a person is able to get along with others, he becomes like a fragrant rose

When you pass by a garden of roses, you sometimes smell the fragrance of roses, jasmine, or gardenias, and you say, "Wow! How lovely these scents are!"

And so it is with good souls as soon as you enter their realm, the fragrance of their lives envelops you It is a fragrance that elevates the soul and raises its level of awareness

If you pass near a foul odor, you will not want to stay in that place

When you meet a person who is ill-tempered, quarrelsome, aggressive, and argumentative, you do not want to stay with him because of the unpleasant smell he emits

* * *

Most people don't try to understand life at all

They live a mechanical life without any purpose and leave this world unconsciously when their earthly life comes to an end

We should not live like this, like machines that operate automatically, but rather we should find the purpose and achieve the goal of life

Both young and old must struggle to survive Many excuse themselves for not seeking eternal truths, saying, "It is impossible for us to reconcile our actions with those ideals" Yet they find no difficulty in eating and thinking about their daily affairs

Upon analysis, we find that the nature of every human being is threefold: physical, mental, and spiritual People spend their lives securing the material necessities of life and nothing more, but human well-being also lies in fulfilling their intellectual and spiritual needs

Therefore, we must simplify our lives and live happily, peacefully, and calmly, and analyze and reduce our needs and know the right and legitimate way to fulfill those needs without creating more unnecessary desires, because many desires create many troubles

* * *

The chains of restraint and the keys to freedom all lie in the catacombs of the mind

* * *

O Lord, I will enter the paradise of Your presence with a heart filled with love and overflowing with longing

Here are my burning longings opening the doors of my soul and filling me with the great ecstasy of seeing your radiant divine light

* * *

As a general rule, I don't like giving orders, because as soon as you ask someone not to do something, that person insists on doing it

Therefore, I suggest that a person should only command or forbid themselves Forbidden fruit tastes sweet at first, but its flavor is bitter in the end Therefore, one must be cautious and not allow anyone to steal one's freedom and happiness

* * *

God remembers us even if we do not remember Him If He were to forget creation even for a single moment, everything would be erased from existence

Who but God can keep this Earth floating in space? And who else can cause trees to grow and flowers to bloom?

Yes, it is God who keeps our hearts beating He is the one who digests our food and renews our body cells every day Yet how few remember Him and thank Him as He deserves!

* * *

Behind the upper atmosphere
Behind the sun's rays and the pulse of cells
Behind the heartbeats and whispered thoughts
Behind the thoughts with which I pray
Behind the waves of my longing
And behind the withholding of the material
You exist, O Absolute Infinite
My soul longs for you

You are not just in the farthest reaches of the stars

Rather, it is in the throbbing of my feelings

She shines in my thoughts
It sharpens my will with determination and vitality
I feel your blessed touch
And I am delighted by your presence deep within my soul
* * *
The mountain scenes painted on the blue curtain
The mind-boggling mechanism of the human body
And the beautifully formed flowers
And the nobility of good souls
And the sublimity of lofty ideas
And the depth of love
They all remind us of the magnificent Creator
And exceptionally beautiful
* * *
Love is the golden edifice
Built by the King of Eternity
For the entire cosmic family
Love is a hidden fire
Melted by divine command
Roughness from the universe
And it transforms into an invisible substance
From eternal love
Love is like a river that flows without stopping or interruption
In the lands of humble and honest souls
But it wraps itself around the petrified rocks of souls
With arrogance, selfishness, and pride

Because he cannot get through it

And crossing through it

* * *

Those who know God have no desire

In order to place themselves in the hearts of others

Or they appear to be great

Because their only desire is to awaken spiritual consciousness

In the souls of those who desire

And their inspiration is to love God and turn to Him

* * *

Once upon a time, a mute man was eating honey, and someone asked him about the taste of the honey

Although the mute man was unable to speak, he made movements that made the questioner understand that the honey tasted sweet

Similarly, when the mind enters a state of higher consciousness and touches the infinite totality of presence, it knows that it is in contact with God and that the experience is sweet, but it is impossible to express in words the state of that connection which is beyond description

Although the pain is real for the person, he cannot nevertheless convey the feeling of pain to others so that they feel it exactly as he feels it

This applies to higher spiritual perceptions They are something that no one can express in words

Knowledge of God can only be attained through direct personal experience

* * *

From the heart of dawn, I plucked blossoms of light as an offering to you

And you lit the lamps of vigilance in the sanctuary of morning

The one who is filled with spiritual tranquility

And I have seen your blessed face

It peeps from behind the shadows

That beloved face that used to gaze at me and still does

With kindness and compassion throughout the ages

I will no longer blame fate

The darkness that has kept you from me is of my own making

Now in the mirror of your pure joy

I see myself and know that my essence is endless joy

I pour my love into the sanctuary of your eternity

And I raise to you the hymns of my soul longing for you

And I confide in you the deepest feelings of my heart

Out of great love and constant longing

* * *

Blessed are those who are criticized by others for doing good deeds, for a paradise of eternal bliss awaits those who live and die with nobility and dignity

Woe to those who, driven by selfishness, opportunism, envy, and hostility, try to harm those active in doing good

Mockery, sarcasm, gossip, revenge, prejudice, and lying are poisoned spears of evil that rebound on their owner and cause him the greatest harm

* * *

The senses, which derive their existence from the consciousness and energy emanating from God, show us the world and portray the soul as a separate entity from its source and from the rest of creation

The physical body has imprisoned the soul, which is a reflection of the universal spirit Overwhelmed by forgetfulness, the soul no longer remembers its divine essence but rather considers its physical body as its true self Therefore, it adopts all its flaws and attributes its limitations and shortcomings to itself The soul in such a state is called the "ego" or "self"

But when this "ego" or this small, restricted self realizes that its connection to the body is temporary and that it has an immortal, undying essence, then it can be called the soul

The more her awareness of her essential nature is established, and the more her consciousness rises and expands, the more she feels that she is closely connected to cosmic consciousness and that all of humanity is her global family

* * *

We must not forget the Giver of Gifts while we enjoy His gifts

A grateful heart opens a path in consciousness for spiritual growth and for the good things of life to flow, because as soon as a channel is open, spiritual power rushes through it

We should feel grateful for all of life’s blessings and realize that all power of thought, speech, and action comes from God, and that He is with us now, guiding and inspiring us

Once this realization is firmly established in the disciple’s consciousness, a flash of enlightenment shines within him

Sometimes divine power comes like a raging sea wave that surges forward with great momentum, sweeping away obstacles and removing debris from the mind and soul

The world as a whole is not inclined towards God, but here and there are souls thirsting for Him and yearning for Him

Although God may seem to be unresponsive to our prayers, the earnest seeker does not cease trying but continues his appeals from the depths of his conscience until he receives an answer

Before finding God, people are concerned with fulfilling material desires, but after finding Him, those desires lose their taste and luster, not because of indifference, but because the seeker feels the joy of the soul filling his heart and satisfying all his longings

People spend their whole lives striving to achieve material things, unaware that if they spent

a quarter of the effort they exert turning to God first, not just some, but all of their heart's desires would be fulfilled

May our hearts be filled with gratitude and our lives overflow with thankfulness

* * *

It is not possible to attract friends without removing the stains of selfishness and undesirable traits from one's personality

Proper conduct is the cornerstone of true friendship

When a person has pure motives and is free from selfishness, their essential nature will emerge and the number of their true friends will increase

* * *

Calmness is the ideal state in which we should deal with life's experiences

Disturbance is the opposite of calm, and its widespread nature makes it a rampant global scourge

* * *

The cosmic light, which is the source of all powers, is hidden behind darkness and appears in the depths of stillness where thoughts are calmed and lights are examined

There are high states of mental concentration, and the more the seeker ascends to those states, the more he experiences wonderful states of spiritual joy that cannot be described in words, and then he realizes with delight:

"What I searched for everywhere

He is with me now he dwells deep within me

He is in my heart and soul

In the stillness of silence, I sense his presence

And behind the walls of darkness, I see him

* * *

The sorrows that hatred breeds and wars produce prove that true spirituality, compassion, and kindness are higher and more superior forces

Hatred is destructive, while love is the greatest constructive force in existence

Therefore, my dear friends, man must learn a lesson from the futility of hatred and the tragedies of wars and love God, because loving Him grants success, good fortune, and complete satisfaction that nothing else can give

Only love will bring real achievements to the world If all countries loved each other and were eager to help each other, not by resorting to force and wrong methods, but by love and kindness, then goodness, success and prosperity would prevail in every corner of the earth

* * *

Man lives in the grip of restrictions

How does he know that he won't be hurt in the next moment, or that someone won't break his heart?

The only true security is the security achieved by the great To possess such security and to grant it to others is the only true freedom and the highest wisdom

* * *

God is the sweetest thing in existence

Whatever your heart longs for, you will find in God I have not wasted a single moment of my life, and I have given up everything that distracts me from God, and I have found a happiness that I could not find in anything else

I live in a state of divine consciousness and I want those who wish to experience the same state that I live in

I also want to repay all those who have given me their love, by sharing with them the love of God and the grace of His presence

* * *

I am the foam of the cosmic sea
Emanating from the depths of joy
I am a stream of dancing joy
Above the waves of overwhelming happiness
Trying my best
So that I may become the greatest sea of joy
May the waves of my happiness expand to infinity
And to spread in every direction
To finally rest in the heart of cosmic bliss!

* * *

People only see the middle of life; the beginning and end of life are hidden from them

It is unreasonable to think that death is the end

Is it conceivable that we, who are gifted with intellect, intelligence, and full of life, will cease to exist as soon as we fall asleep at the time of death?!

The human being as a whole is a mass of creative ideas and spiritual consciousness, and death has no power to destroy that immaterial mass and that gentle consciousness

* * *

If you love God with a pure and unconditional love, He will place thoughts in the minds of others, and those minds will become means to fulfill your wishes, even those you have not revealed to anyone

Therefore, the spiritual magnetism by which you can attract anything to yourself is the kind of attraction you want to develop

When you desire good, noble, and clean things, you will then attract divine magnetism that will bring you good things and blessings from where you know and where you do not know

* * *

If thieves, drug addicts, and alcoholics were asked whether they liked their lifestyle, their answer would most likely be "Of course not"

They thought that when they embarked on their wrong practices, they would be happy But they never realized that the consequences of their actions would be harmful and damaging to them

That is why my heart aches and I shed tears for those who commit mistakes because, by God, they are truly me and if it weren't for God's kindness to me, I would be like them

Evil itself is a kind of opiate That is why we must have special asylums where wrongdoers learn how to live uprightly and think correctly

Prison is not the right place for rehabilitation People like these need to be around influential, positive individuals who can help them

* * *

From your station joy

I listen to your sweet, melodious tunes every day

Which seems familiar and dear to my heart

In the past, I tried to listen to your blessed station

But your program seemed far off

Beyond the range of my small thoughts

But after several touches of the meditation key

I managed to get along with you

You came to me on the wings of the ether

You were playing the tunes of kindness

And peace of mind

* * *

Ideas are rivers flowing from the springs of the soul

Being in harmony with God is one of the greatest and most important duties

God listens to the language of the heart emanating from the deepest recesses of the soul

People think that God does not answer their prayers because they do not realize that God sometimes answers in a way that is different from their expectations and from what they ask of Him

He does not always respond according to their wishes until they are in harmony with His overall will

* * *

I will sip nectar from the heart of the flowers
And I will stretch out on the soft silk carpet
Or run after golden butterflies
I would like to wander among the hills and mountain bends
Accompanied by the gentle, refreshing night breeze
Amidst the daisies and anemones
Crowned with dewdrops
I will pause for a moment to salute the intelligent fragrance
The fragrance that emanates from trees with swaying branches
And with the wings of birds, my soul will soar
Beyond the realm of imagination everywhere
And with the singing nightingales, I will sing my silent songs
And I will expand with the boundless sky
From the threads of sunlight, I will create my joys
And with the moon's rays I will wash away my sorrows
And in the darkness of the night, I will erase my dark experiences
And with the dawn, I will create a new world
Of boundless joy

* * *

We are unique channels, as we can expand or narrow ourselves
We have been given free will and the power of choice Some people block the channel of their lives

with the accumulated mud of ignorance and do not allow the flow of knowledge to cleanse it

The sea of truth tries to flow through those narrow openings with greater force, but to no avail

And there are others who continue to dig, widen and deepen the channels of their lives with self-discipline and spiritual culture, thereby allowing divine wisdom to flow through them and flood their souls with light and blessing

* * *

Lying on your back on a bed of nails is a feat that hardly anyone would want to do, yet we should be interested in the mental strength that makes such a daring and exciting act possible

We all know the physical pains and discomforts resulting from accidents, illnesses, and unhealthy habits And who can deny that the ability to lie on the nails of physical pain without being affected by them is one of life's blessings?

Anyone who reaches a state of consciousness that enables them to realize that they are not the body will not feel pain

He who is able to control his mind is freed from pain and achieves complete dominion over the body

Naturally, this won't happen overnight, but persistent effort works wonders

* * *

We must accept life and death without panic, and make the most of the lessons of this life so that we may come to know the next life

Beyond this land lie infinite horizons where we will meet again our loved ones whom we thought we had lost forever

Of course, we should not ask for death or seek it, but when it comes, we must realize that it is the final test that qualifies us to receive the grand prize

* * *

When the seeker realizes the importance of searching for God, he does not hesitate, but rather sharpens his resolve and keeps his mind focused on his blessed goal

When the desire arises within him, he nourishes it with contemplation and spiritual longings until he feels God’s presence in his heart

That is the safest and most reliable way to steer the ship of life in the sea of life

* * *

Within you lies a magnificent and wondrous garden of refined thoughts, fragrant with love, kindness, understanding, and peace Its flowers are immeasurably more beautiful than earthly blossoms and material fragrant herbs

When you give your pure love, you have planted a fragrant rose, and the scent of that love and the fragrance of that understanding last longer than any earthly flower and that is the truth!

* * *

Creative thinking, careful reading, and repeating truthful words are helpful means to get rid of negativity and establish a positive mindset

Repeating affirmations and supplications with deep concentration will help to form a correct thinking pattern so that positive thinking becomes as natural as negative thinking once was

* * *

We must preserve the treasure of spiritual joy and instill that joy in the hearts of others, and not allow anything to rob us of our inner joy

Even if the days frown and the subconscious suggests that we have lost everything, we must nevertheless drown out the hustle and bustle with the impregnable silence of joy

Crown yourselves, friends of joy, upon the throne of your lofty ambitions and goals, your noble deeds and lofty thoughts, and you will feel God as joy in the structure of every thought and every feeling

We must also plant the tree of divine love in the soil of the unconscious When we feel that love, fears will fade away and worries will dissipate with God’s help

* * *

To say that someone is weak-willed from birth and cannot become strong is wrong, as there is a possibility that this person can become great and achieve wonderful things in all aspects of life

* * *

Forever

Will that day ever dawn, O Eternity?

Where I will inquire from you without interruption

And I send you endless questions

And I will get an answer from you?!
How to grow weak, slender weeds
Their heads are raised without bowing
And without being shaken by the raging storms
Which uproots the towering trees
And the massive structures are destroyed
And the mighty seas are stirred!
How did the first spark blink her eyes?
And the first tree appeared
And the first fish
And the first bird
And the firstborn?
When was their first visit?
This ground-floor house
House of Wonders?!
How I long to hold your hand
The one who shaped the sea and the land
O Eternity!
* * *
The world is mostly dark, but when we see those whose faces shine with the radiance of bliss
Their smiles dispel our sadness and scatter our worries like a lamp shining in the darkness
Darkness fades before His light
Let the smile of the soul shine from our faces Let the breeze of divine love carry our smiles and scatter them in gloomy hearts, so that the light of those smiles may dispel the darkness from the hearts of others
* * *

Being considerate of others' feelings is one of the most wonderful qualities, and it gives a person the greatest appeal

For example, if someone is thirsty, the person who thinks about others will sense their need and offer them a drink of water

Being considerate of feelings means being aware of others and thinking about them

Those who respect others and appreciate their feelings know instinctively what they need

* * *

One of the disciples was doubtful of his ability to continue on his spiritual path To encourage him, the teacher Paramhansa said to him:

"God is not far away, but near, and I see Him present everywhere"

The student protested, saying, "But you are a teacher who knows God, sir!"

The teacher replied:

"All souls are equal, and the only difference between you and me is that I made the effort I proved to God that I love Him, so He revealed Himself to me"

* * *

When a person becomes engrossed in watching a very enjoyable movie, they forget everything else and their focus is solely on the movie

And so it is with the one who is infatuated with the love of God, who forgets everything except the divine beloved

The average person does not have enough longing and yearning to feel the divine presence because the mind is accustomed to focusing on material things instead of the divine

If movies, sex, and worldly pleasures can attract a person's attention, then what about God, who is the source of joy and the most enjoyable thing in existence!

But the problem is that most people do not want to get to know God, and if you did get to know Him, you would find that the hours pass while you are immersed in a supreme spiritual ecstasy

No matter what I do, I feel no joy unless God is with me

* * *

If people are to avoid material poverty, they should despise spiritual poverty because it is the underlying cause of all human suffering

A person who is both spiritual and practical is a happy person, and only a happy person is a successful person

Even if the inhabitants of a city enjoy all the comforts of material well-being, this will not stop murder and crime in that city

The application of universal principles of mutual service, spontaneous cooperation among people, love of spiritual life, and control of the desires of the soul are all necessary for any society to enjoy a harmonious, healthy, happy, and prosperous life

* * *

Do not think that God does not answer your prayers Every word you whisper to Him is engraved in His universal heart And if you observe the many ways in which God responds, you will find that He truly does always respond to you

The greater your longing and the stronger your yearning, the faster and more wonderful the response will be

* * *

There are people who see no higher purpose in life than fulfilling the needs of the body and satisfying its desires, nothing more This is the state of living restricted by the senses

And people who serve through intellectual and craft activities, agriculture, trade, buying and selling, and everything related to practical life in general

They are constantly busy getting things done, and their only concern in life is making money, which they often squander on sensual pleasures

Among these are more developed individuals with creative temperaments

There are people with managerial and executive talents who are working to understand the secrets of life after they have experienced making money and achieving success in professional life

They rely on self-control to overcome the dictates of the senses, take life more seriously, and believe in combating harmful tendencies, self-sovereignty, and setting the compass of life in the right direction

There are people with contemplative natures, who are spiritual by nature and capable of conveying inspiring higher ideas to others

* * *

God alone is able to correct the evils that afflict the world and humanity, but humanity must make an effort to recognize the divine presence and to show God’s infinite goodness within itself

to be sure:

Every morning I offer my body, my mind, and every ability I possess for you, Infinite Creator, to use in whatever way you choose, so that you may express yourself through me

* * *

In order for a person to be able to achieve self-acceptance, he must control his thoughts

You must practice deep thinking and focus your mind so that when you concentrate your mind on a particular idea, your attention does not wander or jump from one idea to another

Most people live on the surface of life, but to obtain the gems of knowledge requires a deep dive into the sea of thought

Deep thinkers are happy people because they can mentally distance themselves from the causes of anxiety in their environment

The average person has no way to escape, as he always lives on the surface like a fish that is easy for the fisherman to catch

* * *

It is the extraordinary quality of the spirit of creativity that makes its possessor stand before

the world in a bright glow like the great ones who brought new things useful to the world that no one had done before

Those brilliant geniuses possessed an indomitable creative spirit, supported by a will that would not stop until the desired goal was achieved

Was God favoring those great people so that they possessed that special greatness? And did the divine will choose them to receive that great glory over others?

Absolutely not It's simply that they used their creative talents to demonstrate the greatness and glory that are the heritage of every human being because he is created in the image of God, the source of all creativity and innovation

* * *

People chase after happiness like mercury, but there is a way to find happiness, and that is to thank God for His blessings and feel grateful for the blessings we receive in life

Our gratitude to God for the blessings in our lives is a fundamental requirement for getting to know Him, who is the source of eternal peace, a comfortable life, and renewed joy

When we give God our love, we become receptive to His blessed gifts of peace, contentment, and satisfaction

The happiest people in this world are those who have learned to think positively, do constructive work, and give generously and kindly what they can They are the ones who are successful in life

The more a person possesses a positive consciousness, a grateful heart, and a loving soul, the more he feels God within him

And whenever the disciple whispers to God, "How generous You are, O Lord!", he realizes that the peace and happiness he feels is a blessing from God, and he desires to direct his thoughts and actions in a way that keeps him always close to the Divine Presence

This closeness is attainable through contemplation, positive thinking, and sound judgment These, in turn, naturally arise as a result of gratitude and a spirit of giving

If we reflect on the blessings we have and all the good things that deserve thanks and gratitude, instead of thinking about the calamities, hardships, illnesses, ailments, worries, and fears that surround us or cause us distress, then we will begin to know God, and we will be rewarded for that with the spiritual awareness that we call peace or bliss

Our hearts will beat with love and joy, and our minds will glow with bright ideas

* * *

Most people's minds are like engines with one horsepower!

Despite the enormous potential in every human mind, very few people use those powers that are waiting to be activated

People's interests are usually limited and confined to the necessities of life such as eating, working, entertainment, sleeping, and the like

But humans have one of the greatest qualities of all, which is the ability to create or innovate

What is this mysterious, enigmatic power? The West is the land of practical and industrial innovation and applied sciences The East is the land of enlightenment and spiritual creativity

The spirit of initiative is the ability to be creative to do something that no one has done before, in innovative ways

It is the creative power derived from the Creator

* * *

If there were no possibility of internal change, where the seeds of what we will become lie, we would not be able to effect change in the unknown part of our nature

But we have the opportunity to influence who we will become in the future Early training of our potential plays a significant role in either activating this unknown part of ourselves or leaving it paralyzed if neglected

Just as plants extend their roots into the soil, so we must nurture the good qualities within ourselves through fertilization, weeding, loosening the soil, watering, and fencing

We must also prune and uproot weeds from the soil of the soul

The fruits of our lives, whether large, small, medium-sized, healthy, or diseased, will largely depend on how well we care for the trees of our own orchards

We have the freedom to do so, and if we use our free choice to the best of our ability, the external outcome will be good, and as a result, new and good seeds will be formed in the unknown part of our nature, and these in turn will determine what our lives will be like in the future

* * *

Negative and positive results of thought

Thought is extremely deceptive, as it can produce both negative and positive results

I still remember once when one of my sisters was suffering from a sore throat, and I had never seen such a severe sore throat before; she could not eat or swallow anything

She called to me and said, while crying, "Please do anything to help me"

I brought her some food and asked her to eat She was unaware that my hand was touching her throat, where I focused my mental energy

Suddenly she found herself eating without feeling any pain, and she was filled with joy at the healing of her throat

After I left her, she got up and looked at her throat in the mirror, and when she saw that the ulcers were still there, the pain returned and she started screaming

When I got home and saw her in pain, I asked her, "What did you do?"

She replied, "I looked into my throat"

I told her: "I saw your throat was fine in the light of God, and that is why your condition

improved, but you saw the disease, and that is why you feel pain"

Then I said to her, "Drink this water"

Since her mind was receptive, she was able to swallow the water and recovered again, and she never looked at her throat in the mirror again

Thus, thought plays a significant role As for neurological disorders—which are often fueled by misconceptions—the mind can promote rapid recovery when its power is used correctly

Note: This story does not mean that you should not see a doctor or seek treatment, hence the need for clarification

* * *

We should be able to say:

"Behind this limited body, I feel the absolute and unlimited"

I do not lecture unless I feel God is with me, nor do I teach unless I am in complete harmony with Him And when I speak from that level, I know that those who listen to me will not forget what they heard

Those who persevere will come to know God, and I hope that those who wish to continue their pursuit will touch His blessed presence

* * *

The desire for happiness is the strongest of all desires

True and lasting happiness is found only in God, and when you discover His presence, you are filled with great joy—a joy that cannot be found in anything else

If you were given the whole world, you wouldn't know how to handle it, and you would feel a heavy burden and anxiety about everything

Look at the lives of the world’s biggest celebrities and men and you will find that they were irritable, tossed about by harassment from all sides like puppets moved and played by the hand of fate

But the one who is united with the light of the world is a happy person because he is connected to his Creator

* * *

Effort must always be made to overcome bad habits, because as soon as a person feels pessimistic and gloomy, he sows unhealthy seeds in the soil of his own soul

Continuing to indulge in harmful habits is a form of self-destruction However, striving to feel cheerful and optimistic every day, despite all the unpleasant and distressing trials, is a sign of renewal and spiritual awakening

* * *

Those who allow their minds to harden and petrify are truly the ones who are dying

Those who wish to solve the mystery of life must renew their lives daily, work on improving themselves in some way, develop creative thinking, and engage in constructive activity

And above all, they should ask God for wisdom, for with wisdom come all beautiful and sublime things

* * *

God has given us a family so that we may expand the circle of our love from ourselves to others with whom we are related, and then extend the boundaries of that love to include everyone

Our loved ones are taken from us, whether by death or in other circumstances, so that we may learn not to limit our love to people alone, but to love love itself, which is God, our closest neighbor, hidden behind all human masks

* * *

Whenever I find receptive people, I try to address the mind and logic of those people, while I rarely speak to those who are not interested because they do not want to listen at all

As for those who are sincere in their search for God, I try to communicate with them through their open minds and plant the seeds of divine love in their hearts

* * *

When watching a movie or play, if the spectators knew the plot of the story in all its details before watching the show, the show would lose its enjoyment

Similarly, it is advisable not to know all the secrets of this life because there is a cosmic drama going through the chapters of our lives, and it is not exciting to know what will happen before it happens

We should not worry about the final outcome, but rather ask God to guide us to play our roles in the play of life to the fullest extent possible, whether those roles involve weakness or strength,

sickness or health, pride or humility, wealth or poverty, and to come to know the meaning of this complex story in the end

* * *

Everyone wants to have more money than the other person, and when they get it, they are still not satisfied because they discover that there are those who are richer than them

People live in a quagmire of self-inflicted misery by creating their own whims and desires instead of being content with what they have

There are people who have much more than others, yet they are not happy, but rather they are burning with desire for more and are consumed with anxiety and apprehension

The path of God, my friends, is the easiest path, and it is best for us to turn to God first and ask Him to give us what is best for us, and we will get from His generous hand what we need because He answers sincere prayers and fulfills the wishes of His lovers

* * *

It is foolish to expect true happiness from earthly attachments and possessions because they are not capable of bringing it to us in the first place

Yet millions of people die heartbroken and crushed after their futile attempts to find in earthly life that happiness which exists only in God, the source of all joy and delight

* * *

It is quite natural for people to thank God after receiving gifts from Him, but they rarely thank Him

or even think of thanking Him for the gift of life He has given them and for the spiritual qualities He has instilled in their souls

It is easy to lift our hearts to God when we feel His presence or receive a response from Him to our prayers, but how wonderful it is to thank Him for His hidden guidance to us and His blessed presence with us despite our lack of awareness of it This is a sign of trust in God, humility before Him, and contentment with His wisdom

God responds in his own way to our love and longing, and it is the humble whose hearts are filled with gratitude and appreciation for the abundant blessings and goodness from the ever-giving divine source

* * *

a man's enemy is his stomach (a man's stomach is his enemy)

The stomach is the most vulnerable part of the body and is often subjected to the worst kinds of abuse When the digestive system is disrupted by overeating or consuming unhealthy foods, it can cause all sorts of health problems

When a person looks at their face in the mirror, they think they are fine, but they do not realize that they carry a lot of toxins deposited in their body Unless they know the right way to get rid of those toxins, and if the body is unable to get rid of them effectively, diseases will occur

* * *

One of the young disciples asked for advice, and the teacher Paramahansa told him:

The world instills bad habits and deviant tendencies in you, but the world will not be responsible, nor will it give an answer or provide an account for your mistakes resulting from those tendencies and habits

So why give all your time to a deceitful friend? Set aside one hour a day for spiritual and scientific discoveries

Isn't God – the giver of life, family, money, and everything else – worthy of one part of twenty-four of your time?

* * *

A student asked:

"Sir, why do some people mock and ridicule saints and holy men?"

The teacher Paramahansa replied:

"The evildoers hate the truth, and the worldly are content to drift along with the current Neither group likes change Therefore, the mere thought of God's righteous men disturbs them and upsets their peace"

These people can be likened to a man who has lived for many years in a dark room When someone turns on the light, the sudden brightness disturbs the semi-blind person and seems to him an unusual phenomenon

* * *

The blacksmith's heavy hammer has no will of its own Unless he lifts it with his hand and brings it down, it remains in place, unused

But man has free will so that he can choose to be a good means and a righteous instrument in the hands of God

God does not want humans to be rigid, lifeless hammers, but rather to use free will in order to achieve divine purposes on this earth

* * *

Money is not necessarily an indicator of good taste Many wealthy people buy things they don't need, which then pile up in their homes in aesthetically unappealing and useless heaps

You don't need a lot of money to make a house attractive; taste is the key element

But the idea of beautifying the house captivates some people, so they become obsessed with it and restrict themselves with material things

Anyone who has to pay accumulated and urgent bills must yearn for a simpler life and freedom from financial pressures

But that freedom will not come by giving in to laziness and idleness, or by abandoning everything without justification or logic

It once happened that a man suffered a great loss and said:

"Oh, woe is me! I have lost my fortune and my wife has left me, so I have decided to leave everything and become a hermit"

This man, my friends, did not leave everything behind, but rather everything left him!

The psychological environment and a sense of satisfaction are two important elements for achieving happiness

After examining and sorting through all the desires, it is then possible to say:

"There is no difficulty in obtaining the necessary material needs, and the inability to possess them is unjustifiable"

* * *

One of the students asked:

"Sir, what must I do to get to know God?"

The teacher Paramahansa replied:

In every moment of free time, immerse yourself in deep thoughts of him Speak to him heart to heart, soul to soul

He is closer than closeness and dearer than a lover I adore him as a miser adores money, and I love him with the love of a lovesick, infatuated man for his beloved, like a drowning man for a breath of air

When you express your overwhelming longing and intense yearning, he will come to you"

* * *

All our efforts should be devoted not only to achieving good health and material security, but also to searching for the meaning of life

When difficulties overwhelm us, we turn to our surroundings first, trying to make all the material adjustments that we think help lies in

But when we reach a dead end and say, "All my attempts have failed, what more can I do?" we begin to think seriously about finding an effective solution to our problem

When we delve deeply enough into our thoughts, we receive, with God's help, the answer

from within ourselves This, in itself, is a form of answered prayer

* * *

The teacher Paramahansa said to some of the students:

"Beware of a negative outlook on life Why do you focus so much on the piles of garbage when there is so much beauty around you?"

"One may find fault with the most magnificent examples of art, music, and literature But isn't it better and more worthwhile to enjoy their charm and splendor?"

"Life has a bright side and a dark side because the world of relativity is based on light and shadows"

"If you allow your thoughts to feed on evil, you will bring ugliness and depravity upon yourselves"

"Seek only the good in everything, so that you may absorb the spirit of beauty"

* * *

The teacher Paramahansa said to a group of disciples:

"God arranged this visit to Earth for us, but most of us become unwelcome guests, taking some things here as our own"

By forgetting that our earthly residence is temporary, we create many associations and relationships, such as: "my home," "my work," "my money," "my family," and so on

But when our earthly visa expires, all human ties will fade and disappear, and we will then be forced to leave behind all the things we thought we

possessed The One and Only who accompanies us at all times and in all places is our eternal and everlasting neighbor, God

Know now that you are the spirit, not the body Why do you wait for death to teach you in its brutal and sudden way?

* * *

If a person falls ill, they must do everything in their power to overcome their illness Even if doctors tell them there is no hope of recovery, they must remain calm because fear obscures the sense of divine presence, which is all-powerful

Instead of indulging in anxiety and psychological distress, the afflicted person should assure himself that he is safe and secure under God’s protection and friendly care

* * *

Anxiety means there is interference in the mind's wireless system

The divine hymn is a hymn of sobriety and tranquility, and disturbance is confusion

Tranquility is the divine voice speaking through the soul's wireless

* * *

Those who wish to renew their lives should first identify the positive things they want to introduce into their lives, and then set up a program that they adhere to on a daily basis, and they will feel a great deal of happiness as a result of keeping their decisions

Failure to adhere to a self-improvement schedule weakens the will and puts obstacles in the way of progress

A person's truest friend and worst enemy is himself

Those who align themselves with the natural order of life will achieve fruitful accomplishments No laws prevent a person from changing for the better and realizing their noble aspirations No obstacles can stop a person from reaching their lofty goals unless they implicitly acknowledge those obstacles and convince themselves that they cannot overcome them

From the sources of inspiration

There is no difference between physical laws and spiritual laws, or the miracles that occur as a result of understanding the mechanisms of the human mind Scientists perform miracles using physical laws, and those advanced spiritually perform mental miracles In this age of scientific miracles, characterized by a flood of unimaginable inventions and innovations, scientists must delve deeper into the study of the spiritual laws employed by those with spiritual insight

Spiritual miracles or divine favors are simply the application of supernatural cosmic laws To the average person, these acts appear miraculous, but in reality, they are the use of some hidden, higher law

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I have tasted the beauty of billions of stars

Scattered in the vastness of space
And from innocent pleasures I sucked the nectar
And I made a hearth in which I burned all my sorrows
And I carried the torches of light
And pure love was instilled in every heart
It blended paternal, maternal, and fraternal love
I drank it until I was drunk
Spiritual books were squeezed for a drop of peace
The poems were composed inspired by nature
And I stole the sweetness from the beehive of happiness
I extracted the essential meanings from the mine of thought
And I read
And I smiled
And I worked
And I planned
And I throbbed
I was eager
And all of that wasn't enough
As she realized that they were dreams that often faded away
Before the desires of the yearning heart are fulfilled
But as soon as I banished the dreams from me
And I sat in the sanctuary of peace
My longing grew stronger
And I heard my soul singing

God alone remains!

***

Every human being embodies infinite power, and we must manifest that power in everything we do When we wish to create something, we must not rely solely on external sources, but rather delve into our inner depths and seek the infinite source

All successful methods of work, all inventions, all musical vibrations, inspiring ideas, and sublime and wonderful compositions are recorded in the records of God

We must first define the goal, then ask for divine help to guide us to the appropriate action through which we can express our energies, and reflect until the mind calms down and clearly sees the next step that needs to be taken

Then we must act according to the inner guidance we receive, and what we desire will be achieved When the mind is calm, things will become clear quickly and easily—how wonderful that is!

You will achieve your aspirations and success in all things will be yours in a short time, because the universal forces are capable of guiding the right law and demonstrating its effectiveness If we examine ourselves, we will realize the truth of this, with God's help

***

One of the disciples asked the teacher Paramahansa about the most effective ways to

overcome the forbidden satanic temptation, and he said to him:

Unless you have become firmly established in wisdom, you must first – when temptation strikes – immediately stop the action or strong impulse and reflect on things afterwards

If you try to think first, temptation will overcome you against your will and you will find yourself doing the thing you do not want to do, because in this case temptation will overcome reason

All you have to do is firmly say, "I will not do that," then get up and leave That is the surest way to escape the devil's snares

The more you cultivate the power of "I don't want to" during obsessive attacks, the stronger you become and the greater your happiness will be, because happiness depends on doing what your conscience tells you to do

When you say "no" to seduction, you must say what you mean and mean what you say

Do not give up and remember that those with weak wills always say "yes," while great souls are full of literary "no's"

***

In spiritual training, we learned to control our emotions and impulses, not allowing our personal preferences to dictate our lives We became grateful for all that God has given us People have so much, yet many are constantly discontented and complaining, feeling dissatisfied despite

having nothing, as if they possessed nothing at all, and their desires seem endless

In the morning, after the husband shaves his beard—and perhaps his mustache—washes his face, and gets dressed, the next thing he wants is breakfast No sooner does he eat a few bites than he wishes his wife had prepared something more suited to his particular taste, while the wife, in turn, wishes she had better silverware, plates, and dishes

And so, day after day, they yearn for this and that until nothing can satisfy them, and their relationships lose their intimacy, and they even lose happiness itself Because of the resentment they feel, they turn against those closest to them The wife complains and argues with the husband, the husband yells at the children, and the children rebel and fall into trouble with bad company The point is this: it's not wrong to possess things, but it is wrong to allow possessions to possess us Those who seek happiness should not be overly attached or possessive

My paradise is within me, and when I rejoice in a beautiful view or in meeting dear friends, my inner paradise amplifies my enjoyment of that view or seeing those friends Without that inner contentment, even earthly paradise turns into an unbearable hell

The realization that all powers of thought, speech, feeling, and action come from God, and that He is always with us, inspiring and guiding us, brings immediate liberation from anxiety,

confusion, and bewilderment With this realization, flashes of divine joy emerge

Sometimes a profound spiritual radiance sweeps through the entire being, banishing and obliterating the concept of fear

Like ocean waves, divine power comes with great momentum, passing through the heart and washing it with a mighty blessed torrent, removing from it all obstacles and impediments of doubts, nervousness, and fears

When we touch the divine presence, the illusion that we are merely physical bodies is dispelled This can be achieved through deep and focused spiritual thinking, meditation on God, and seeking His help to open our minds

Then we realize that the body is just a tiny bubble of energy in God’s cosmic ocean

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When a person is battered by fierce psychological experiences or overcome by strong fears, he should try to go to sleep

If he can do that, he will find upon waking that the psychological tension has disappeared, and that the fears have loosened their grip, because when the soul enters the state of sleep, it temporarily rises above the problems originally associated with attachment to the body and its experiences

A greater state is that of touching higher consciousness through deep, conscious meditation We must resolve that nothing will disturb our peace or rob us of our tranquility

When the mind becomes completely absorbed in the circumstances of life, it cannot perceive the true nature of a happy spiritual soul But when we act while simultaneously remembering our close connection with God, that His light surrounds us and His peace dwells within us, then events will not affect us, and unfavorable circumstances will not disturb our peace

***

A person must monitor their impulses The gluttonous person eats, as does the spiritual person with disciplined tendencies Is it then permissible to say that eating is a sin simply because it is often associated with gluttony?

Sin lies in thought, in motives The gluttonous person eats to satisfy his hunger, and the spiritual person eats to keep his body healthy, and there is a big difference between the two

To distinguish between right and wrong, one must introspect and ask oneself whether what one is about to do is right or wrong We must be completely honest with ourselves

When a person is honest with themselves, they are very unlikely to make a mistake, and even if they do, they will be able to quickly correct their course We should be guided by our conscience in what we do because conscience is the discerning force within us

***

No matter how many tasks and commitments we have, we must not forget to free our minds

from time to time completely from worries and all other concerns and preoccupations

Try not to think negative thoughts for one minute at a time, focusing on inner peace, especially if you are anxious and feel burdened by worry

He then extended the period for several minutes, recalling some happy events and occasions

Recall some sweet memories that left a good impression on you and try to relive them in all their details, and you will gradually find that you have forgotten your worries and your fears have dissipated

Building the internal environment

If a person wants to build a healthy internal environment, they must practice periods of silence and not joke all the time, and be happy, cheerful, and smiling

Empty talk dissipates noble feelings, and is like a bullet that exhausts its power by talking about trivial and useless things, thus causing the loss of a valuable and vital psychological resource

Consciousness is like a vessel of milk; when filled with the peace of contemplation, refined thoughts, and feelings, it should be kept full Frivolity and parrot-like chatter are false amusements that create holes in the sides of the vessel of consciousness, causing the milk of inner peace to leak out and be lost

This does not mean that a person should be overly strict, serious, and reserved, but rather it

means staying away from mockery, sarcasm, ridicule, and illogical and unreasonable talk

I still remember the wonderful training I received from the greats When we were rambling and chattering, they would tell us:

"Return to your inner fortresses and do not slaughter yourselves in cold blood, so that you lose your spiritual perceptions and your peace flees from you without return"

It wasn't easy for us to understand back then, but now I understand the way of peace they taught us

Peace deposits

If a person keeps writing checks without depositing any money into their bank account, their money will run out and their balance will be emptied

Similarly, if one does not regularly deposit peace into their life's account, their reserves of strength, tranquility, and happiness will dwindle and eventually vanish, leading to emotional, mental, physical, and spiritual bankruptcy Meditating on God and experiencing His blessed presence replenishes our inner strength and replenishes us with all the necessary vital elements

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Instead of living only in the present, we try to live in the past and the future simultaneously, which places a heavy burden on the mind, exhausting it and limiting its ability to deal effectively with things This is why we must lighten

our mental load The past is gone forever, so why carry it in our minds?

Let the mind deal with its burdens one at a time, not all at once The swan eats only the solid content of the liquid it scoops up with its beak; similarly, we should retain in our minds only the lessons we have learned from the past and forget the unnecessary details

This will greatly ease the mind The pleasure of modern man lies in multiplying what he has and acquiring more, regardless of the deprivation and suffering of others

But isn't it better for a person to live simply, without excessive luxuries and with less eagerness and anxiety? There is no pleasure in frantically rushing to the point of not enjoying what one has

A day will come when people awaken from their spiritual slumber and begin to rise above their need for material possessions A day will come when they discover that a simpler life brings greater security, peace, and tranquility

Winning people’s hearts with the power of love is the greatest victory anyone can achieve in life

These were the most remarkable achievements of the great people who lived and died for others Those with immense material power who live only for themselves are quickly shrouded in oblivion But those who live for others remain forever remembered

The prophets did not have thrones of gold during their earthly sojourn, but they sit on the

throne of love in the hearts of millions That is the best throne any human being can occupy

A person comes into this world crying while everyone else rejoices at their arrival They must work and serve during their allotted lifespan so that when the time comes to leave this world, they depart smiling while the world mourns them

God created this world so that humankind might use its intellect to attain spiritual knowledge and understand the divine Thought is a powerful force, and this force should be directed in the right way to benefit oneself and others

If God had not given us love by planting His love in our hearts, we would never have been able to know human love at all

Since God is so generous and loving towards us, He should be our intention and the goal of our search He doesn't want to impose Himself on us, but no happiness can be achieved without thinking of Him and connecting with Him

The mysterious way in which the body and mind work, which distinguishes us from all other creatures, and every other wonder and marvel in life, should be enough to motivate us to seek and discover it Those who try sincerely and earnestly will succeed in their endeavor and attain their goal

When I first embarked on this path, my life was initially chaotic and disorganized, but through repeated attempts and persistent effort, the clouds began to clear and things became astonishingly clear Everything that happened to me was conclusive proof of God's existence and the

possibility of communicating with and knowing Him in this life

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Oh, the peace and tranquility that the seeker finds upon finding God! The world will then become bright and smiling, everything will be alright, and nothing will be able to instill fear in the heart

This is how we must face challenges and fight the battle of life with the boldness and courage befitting the children of life and light

***

When we feel that we have to do too many things at the same time, we become very frustrated

Instead of worrying about what should be done, it's better to say:

"This hour of time is mine alone, and I will do all I can during it without allowing the pressure to overwhelm me"

A clock cannot tick 24 hours in one minute, and similarly, you cannot do in one hour what requires 24 hours to do

We must make enough effort to do what we need to do in the present moment and do it calmly and without stress, and the future will take care of itself

Enjoy the present moment and try to harmonize with the vibrations of peace

The more you do this, the more you will feel a blessed power within you working for your benefit, enriching your life and making you happy

Dealing with fear and anxiety

Anxiety arises in the heart as a result of the sensation of pain Thus, we see that fear is based on past experiences Perhaps the person has fallen in the past and broken their leg, and therefore fears repeating the same experience

Constantly focusing on such painful tests paralyzes the will and nerves, which may lead to a fall and a broken leg again! Moreover, when the heart becomes paralyzed by fear, the body's vitality drops to its lowest level, allowing disease germs to invade the body and cause damage

There is hardly a person who does not fear illness Fear was given to man as a precautionary tool to spare him pain, and its purpose was not to magnify it and dwell on it constantly

Constant preoccupation with fear hinders our efforts to avoid difficulties and solve the problems we face A measured fear is based on wisdom, like considering that a certain food is unhealthy despite wanting to eat it Fear of illness embodies illness People bring illness upon themselves simply by thinking about it If you are constantly afraid of catching a cold, you will be more susceptible to it, no matter what you do to avoid it

Don't let fear paralyze your will and nerves When anxiety overwhelms you against your will, you help create the very experience you fear It's also unwise to spend too much time with people who constantly talk about their illnesses and weaknesses Focusing on these things can plant the seeds of fear in your mind

Those who fear contracting pulmonary tuberculosis, cancer, or heart disease should banish this fear from their thoughts, lest it bring them those undesirable conditions

As for the sick and the elderly, they need a pleasant and agreeable environment as much as possible, among people with strong and positive temperaments, in order to encourage them and raise their spirits through positive thoughts and feelings

Thought has great power Hospital workers rarely get sick thanks to their self-confidence; indeed, their strong thoughts renew their energy and provide them with a continuous supply of vitality

Song of Longing

With great longing, I raise to you the songs of my heart

I place before you all my spiritual treasures

I have gathered for you the honey of overwhelming love and unwavering loyalty

In the cells of my conscience; everything that is mine is also yours

O Lord, I was thirsty in the desert of false hopes and barren wishes

And now I have drunk and quenched my thirst from the springs of your love and peace

I no longer have any thirst for earthly desires

I feel your blessed, fragrant breezes flowing towards me, and I am refreshed

And the candles of my happiness shine with the glow of your joy

I almost died from thirst and exhaustion
Amidst the mirage of deceptive earthly oases
And now I am immersed in the happy waves of your blessed spirit
I want to drown in your holy sea and live forever in you!
The language of flowers
God is the greatest artist
Its absolute beauty is reflected in the beauty of flowers
How wonderful it is to think of him whenever we see flowers and roses!
God is invisible
However, he is speaking to us
Through flowers
And thousands of other cute and lovable creatures
And it fills us with its heavenly fragrance
He confirms His existence to us daily through His creatures
Flowers were created for a purpose
She serves everyone with her beauty, a humble service
We talked about God's wonders more than anything else
Each flower tells its own delightful story of divine presence
Flowers have been used for centuries
Not just for decoration, but to reveal God's fragrance and beauty
We can sense God's presence through flowers and roses

Because every flower is a divine structure through which we perceive a manifestation of God

The beautiful one who loves beauty

{Consider the lilies of the field not even Solomon in all his glory}

He was dressed like one of them

Worries: Their nature and how to deal with them

Worries are useless they only burden our hearts with more worries

When you leave or finish your workday, forget about it Don't carry it in your mind and take it home with you

Worries form a thick layer of dark, gloomy clouds around the mind, causing one to stumble because their path is not clear and easy We must learn to rely more and more on God This is a science in itself and a constant divine law that does not change or alter Whoever does what they can and at the same time seeks divine help will have obstacles removed from their path, the intensity of difficulties lessened, and God will open doors for them {Whoever puts their trust in God, He will suffice them} {Cast your worries upon the Lord, and He will manage them}

Know—may God increase your knowledge—that there is always a way out of life's difficulties and worries If we pause and reflect a little, and think carefully about eliminating the cause of our anxiety instead of dwelling on it, God will open doors for us and guide us to paths we never imagined

Many people come to me to talk about their worries, so I ask them to calm down and reflect, seeking divine help, and not to think of other ways to solve their problems until they feel reassured and have spiritual peace

When the mind is calm, divine peace descends upon the soul, and faith is strengthened, solutions to problems will emerge like the sun rising from behind the mountains

Ignoring problems does not guarantee getting rid of them, nor does worrying about them bring positive results

Meditate until you feel calm, then think about your problem and pray fervently to God for help Focus on the problem, and you will find a solution without worry or strenuous effort

A heartfelt and sincere prayer will always be answered by God But if the prayer is not offered with fervor and sincerity, it is obvious that it will not be answered

Everyone realizes that at some point one of their wishes was fulfilled thanks to prayer

When a wish turns into a longing, it touches the heart of God and He grants what is desired

When God wills something, all of nature responds to His will

God responds when we turn to Him wholeheartedly, with deep faith and unwavering determination

Sometimes He responds by putting a certain idea in someone’s head that will work to fulfill your desire or meet your need

Such a person serves as a means in the hands of God to achieve the desired outcome

People do not know how this mighty force works

It operates with extremely precise calculations, leaving no room for "if" or "if not"

This is what is meant by "belief in things unseen"

And He will provide for him from where he does not expect

From the hymns of the soul

The trees sigh

And the wind frolics

And the sun smiles

And the river flows on

And the heavens rise above

pinkish-red flecks

And the earth changes its black cloak

Star-studded diamonds

To wear during the day

A dazzling golden suit

Nature adorns and embellishes itself

In the cheerful colors of the successive seasons

And the gurgling stream

You never try to talk

With voices tinged with a stutter

On hidden thought

And emanating from the depths of the soul

And the birds sing

And she tries to confess

With unknown matters

It is churning within her
But human
Able to speak and explain
In clear and explicit terms
About that which everyone failed to do
Regarding disclosing it
About the Master of the Universe
Present everywhere
Raising awareness

Our internal psychological environment is shaped by our interaction with our external environment from the earliest stages of life

This internal environment and intellectual habits, in addition to desires and inclinations shaped by past lives, often guide our actions and behaviors in an automatic way

As for intellectual renewal, or the elevation of consciousness from the body to the spirit and spiritual truths, at the beginning of life the soul enjoys showing itself and expressing its desires through the body, and as a result it becomes a prisoner of the body

We must train ourselves to live at a level higher than the physical level Mental development is closely linked to physical or material growth Therefore, according to natural evolution, the soul passes through multiple stages to reach the level of spiritual awareness, which explains why material success is achieved first, followed by mental success

Mental achievements are undoubtedly beneficial, as through them we learn to transform physical needs into spiritual security

dangerous turn

The problems facing the world today were not created by God Rather, they are the result of long years of flawed thinking and misguided actions by humanity as a whole What humans sow, they must reap

Man has reached a dangerous turning point and stands at a crossroads He can either destroy himself with the means of war he has invented or turn to a higher way of life and bring God into his life by following the moral, ethical and spiritual values advocated by the prophets and sages The choice is ours

It is time for humanity to define its position and decide which path it must take: either towards chaos and destruction or towards the higher universal ideals called for by the heavenly religions to spare souls and the world from suffering and calamities

If a person plays his role as he should play it, and is inspired by the laws of goodness, love and virtuous morals, then the gloom will surely disappear and the darkness will dissipate

There is no logic or justification for the tragic events the world is witnessing, nor for the senseless violence occurring in every country The reason behind all this is that humanity has strayed far from its Creator and lost its true connection with Him

People see no logical justification for not venting their bitter negative feelings and unleashing their anger on others, and they think that the only way to solve problems is with weapons and taking lives

But God, His prophets, and His great men want people to live in harmony with one another and to cooperate in righteousness and piety

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Your true self has cosmic roots These roots draw their strength from the cosmic source, which is God, the origin of all power in existence The limited, smaller self, or "ego," is but a tiny fraction of what can be extracted from within and manifested in reality

Your essential self contains infinite potential waiting to be activated, utilized, and benefited from

All the great teachers declare that within the body lies the immortal soul, which is a spark of God’s light that fills existence and sustains all of creation

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Do you know how people spend their lives? Few of us know the right way to live, and how we can benefit from life if we invest it wisely and economically

First and foremost, we must be mindful of our time Time passes and slips away before we even realize it, and this is why we often fail to appreciate the value of the time God has given us

How much time is wasted on nothing! And how few stop to reflect and consider what life can offer us Most people don't think deeply at all; they spend their lives eating, sleeping, and indulging in entertainment, then leave this world with little to show for it

It is crucial to distinguish between needs and wants Actual needs are very few, but wants are countless To find freedom and inner peace, we must address our needs and cease chasing endless desires and pursuing fleeting worldly happiness, like a desert mirage that neither nourishes the thirsty nor satisfies the thirsty

The more a person relies on external circumstances to achieve happiness, the further they stray from experiencing it Cultivating and nurturing the desire for luxuries is a sure path to increased unhappiness and enslavement to possessions

We must reduce our needs and spend our time searching for true happiness or spiritual bliss

The soul never changes; it is the eternal essence hidden behind the veil of limited human consciousness, which is teeming with all kinds of pain, failures, and death

We must lift the illusory veil of fickleness and change and rest in our eternal nature We must establish our consciousness on the rock of steadfastness and inner tranquility, which is the throne of divine peace that transcends understanding, and then we will taste the sweet

spring of bliss flowing from the blessed springs of the Spirit, day and night

Happiness can be achieved through self-discipline, cultivating simple living habits and refined thinking, and being frugal with money, even if we earn more than we need to meet our basic needs We should also extend a helping hand to others and assist them in helping themselves

There is an unwritten law that states that whoever helps others achieve prosperity and happiness will receive help from unexpected sources, and their own prosperity and happiness will increase This is a constant and unchanging law, and blessed are those who live by it, for they will be among the happy Isn't it better to live simply and be rich in spirit?

{Light upon light God guides to His light whom He wills}

{And the light shines in the darkness}

***

Behind every light in a small electric lamp there is a strong current, and beneath every small wave lies the great ocean that has become the many waves

This also applies to humans God created humans and gave them free will and choice But humans forget the source and the powers that God placed within them

There is no limit to the possibilities that exist in this world, nor to the progress that man can achieve and the horizons that he can reach

***

When we begin to understand man in his entirety and being, we realize that he is not a physical being

Within him lie many forces, the potential of which he utilizes to varying degrees in order to adapt to the conditions of this world And the potential of these forces is immeasurably greater than the average person realizes

Springs and Sips: An Oasis of Sacred Love

I will draw vitality

From the fountain of golden sunlight

I will sip peace

From the springs of moonlit silver nights

I will drink your strength

From the cup of the mighty wind

I will drink your awareness with joy and delight

From the cups of my subtle, profound thoughts

In your blessed light

I will stay awake forever

Gazing upon your blessed and all-existent face

With watchful eyes through the long ages of eternity

I have searched for God's love

In the barren soil of human emotion

Until I finally found

On the oasis of sacred love

Whose source never runs dry

Lord, help me to claim my heavenly inheritance

And so that I may live the life of the immortals

O Most Loving and Holy One!

Even if the darkness of my ignorance is as old as time itself

Let me realize, however

That with the dawn of your light

The darkness will vanish in the blink of an eye

As if it never happened

Anger and its effect on health

Although the average person does not have a conscious memory of the experiences of his soul, he is part of the cosmic whole and must recharge his life from time to time with the refreshing currents of life emanating from the One and Only, the source of life, love, and truth that does not change or divide

When the seeker venerates the principle of Truth in thought, word, and deed, he aligns himself with creation and the Creator Everyone who encounters this spiritually evolved individual is spiritually enriched by his harmonious spiritual vibrations, though this enrichment varies in degree

That disciple is free from painful dualities and contradictory relativisms, and is ultimately qualified to enter the final refuge: absolute truth

The absence of anger is the quickest path to inner peace Anger stems from the frustration of desires, and one who has no desires is free from anger

He who expects nothing from others and turns to God to attain his goals and fulfill his desires will not feel resentment or bitterness towards his fellow human beings, nor will he hurt their feelings (A

smile to your brother is charity) and (Go first and make peace with your brother)

The wise man is content with his certain knowledge that God is the manager and administrator of all the worlds, and he does not think that things happen randomly, therefore he is free from anger, ingrained hatred and hostile feelings

This world is a world of relativity, and the wise align themselves with the divine will and adapt their actions to the circumstances They may sometimes display bold or even violent displeasure if it deters evildoers from harming the innocent But the wise do not harbor hatred toward any human being, no matter how great their ignorance or how numerous their transgressions

The self-knowledgeable person may become enraged for a long or short period, but he soon returns to his usual ease and composure

The anger of an ordinary person cannot be eliminated by willpower and immediately, but the pure heart of a person free from worldly desires does not feel anger and does not show it

Anger is the most common flaw among people, and it disrupts peace in families and among nations

Those who are prone to outbursts of anger are disliked by their families, and these constant fits of rage have a detrimental effect on human health and often lead to violence When people give in to anger blindly, a significant number of them commit crimes, go to prison, or are sentenced to death

In accordance with the principle of self-preservation, all people must learn to be prudent, to consider the consequences, and to control their anger

Those who restrain their anger and forgive people - and God loves those who do good

Achieving mental balance

[The relativity of life (birth, death, pleasure, and pain) is overcome by those who view this world with a balanced mind Truly, these are rooted in the perfectly balanced divine spirit] Bhagavad-Gita 4:9

Interpretation and Commentary

Mental balance can be achieved through the practice of spiritual exercises that help to turn the mind inward, where the yogi experiences a balanced state of unchanging joy When they are able to manifest this inner state during waking hours, they become pure and grounded in the universal spirit

The wise say that the average person is flawed due to their sensory interaction with the dualities and relativity of existence, such as pain and pleasure, heat and cold, life and death Only those who can voluntarily separate their consciousness from worldly sensations are truly free from the unsettling dualities of the senses, and they are the ones who find rest in the divine spirit, experiencing eternal peace

Yogis who experience sacred bliss in states of inner, conscious, and sublime awareness are pure and in communion with the cosmic spirit

The undisciplined person observes the moving images of this world and rides the waves of joy and sadness, despair, anger, numbness, or apathy in the sea of his consciousness without being able to see the moon of the soul reflected in that sea

When the turbulent waves of consciousness subside, the wise man in the calm inner ocean sees the image of the sacred moon without distortion

Negative thinking is the enemy

When you must overcome something, you must understand why you must overcome it You must not only abandon it and distance yourself from it, but you must also eliminate thinking about it and banish it from your thoughts Negative thinking is a formidable enemy that must be conquered

If you shift your focus from sensory awareness to spiritual awareness, you will achieve victory and bring happiness to yourself Achievements lie in the mind

One should not become a victim of excess Enjoy things, but don't let them enslave you Be free Be kind, friendly, cheerful, and joyful, and be your own master under all circumstances

Doing whatever a person likes to do is not freedom, but rather an abuse of freedom

Freedom comes from following the law of self-sovereignty, that is, self-control

True freedom means doing everything according to wisdom

Freedom is meager and shallow without conformity with God and His laws

Most people's lives are governed by desires, passions, temperaments, habits, and environmental and social influences

When physical habits begin to control the mind, it becomes difficult for the body to obey the will's commands A good habit is your greatest friend, while a bad habit is an enemy in disguise Therefore, one should beware of repeating a habit or action, for repetition transforms an action into a habit before one realizes it, and the habit becomes second nature However, it can be changed through consistent good deeds and positive, creative thinking

Free us from ignorance and its effects

You are the source of all good things and the origin of all power

Lord, bless us so that we may show Your blessings upon us

In our health

In our intellectual aspirations

And in our spiritual aspirations

You are the sparkle in the stars

Energy in atoms

And awareness of the depths of the self

Help us to recharge ourselves

By your supreme power

With your infinite wisdom

And with your boundless authenticity

Let us recognize that you are a fountain of health

and the environment of life

And the source of all understanding

Free us from ignorance and its effects
From pain and suffering
May the flood of your wisdom sweep away
All the wreckage and ruin of our lives
Tear off the veils that hide your face from us
Let us see you with a very bright light
There are countless suns on the horizon of our being
Let us feel your presence as an ever-renewing force
Inspire our thinking
And nourish our souls
And it sustains our bodies
Nothing but you can satisfy us and fulfill our hopes
We ask for your guidance in everything we do
And if we have wrong ideas
Let us hear your blessed whisper that brings us back
To the right path
Bless our lives with your creative powers
And your eternal bliss
O Most Generous of the Generous
And the source of all giving
***
Those who wish to attain spiritual insights must work to reach those states, not for selfish gains but to inspire others by the example of their lives
Those who fulfill their duties in a way that helps develop their lives in a balanced manner act as blessed and open doors through which the lost

and frustrated enter and pass to horizons of tranquility, happiness and success

These people are in harmony with their higher nature and do not work to satisfy their whims but to fulfill the requirements of truth, development and compliance with the divine will

They are true ascetics even if they live in palaces and own millions because they abandon personal ambitions for the sake of pleasing God and helping others

A person must work and do their best to pass life's tests and overcome the difficulties of living, whether in the depths of forests or in the middle of the jungles of modern civilization

Forests are home to predators, and the jungles of civilization teem with the monsters of fear

The temptations and overwhelming desires, and man must protect himself from all material and moral predators in order to be able to walk the paths of a dignified life with freedom, joy and liberation from fear

When a person finds the kingdom of lasting spiritual happiness within himself, he will find it everywhere, whether in the depths of stillness or the noise of activity, and he will hear the divine voice whispering to him in the cave of contemplation and the fields of work alike

The Story of the Philosopher and the Sailor

It is said that a philosopher who was well-versed in philosophy and logic intended to move from one bank of the river to the other bank, so he

called a boatman who owned a small boat that he used to transport people across the river

The philosopher boarded the boat and the sailor rowed it, resisting the strong current After a short distance, the philosopher asked the sailor: "Sailor, have you memorized the first part of the Principles of Philosophy?"

The sailor replied: No, sir, I didn't memorize it

The philosopher then said to him: I regret to inform you that you have wasted 25 percent of your life without any significant benefit

The sailor swallowed the insult and continued rowing When they reached the middle of the river, the philosopher opened his stinging mouth again and said:

Hey Naughty: Have you memorized the second part of Principles of Philosophy?

The sailor replied: Sir, I know nothing about this book, Principles of Philosophy

The philosopher then made a new pronouncement: "What a pity! I regret to inform you that you have wasted 50% of your life on nothing" The sailor was offended by this rudeness but said nothing, continuing to row in more ways than one, cursing the hour he had met this inquisitive philosopher When the boat had reached three-quarters of the way down the river, the philosopher posed a third question:

Hey Naughty: Have you memorized the third part of Principles of Philosophy?

The poor sailor replied with waning patience: I told you, sir, that I know nothing about philosophy

Here the philosopher smiled a smile of (concern and consolation), saying: Unfortunately, you have wasted 75% of your life with that, and that is an irreplaceable loss

The sailor didn't respond to this comment but quickened his rowing, hoping to reach the opposite bank and get rid of that stinking, sticky thing Suddenly, the sky flashed with lightning, thunder began, and a torrential downpour of rain poured down in powerful tropical showers, creating a fierce storm that tossed the boat in every direction

Then it was the sailor's turn to ask the philosopher a question, so he said to him:

My dear philosopher, since we embarked on this journey, you have been bombarding me with a barrage of questions, one after another May I ask you just one question?

The philosopher replied: Yes, you can The sailor said:

Oh, esteemed philosopher, well-versed in philosophy and who has memorized its books by heart, are you good at swimming?

The philosopher replied in a trembling voice: No, sir, I don't know how to swim

The sailor smiled and said to him: So our risk is with you and the rest is in our lives, and it pains me to tell you that in a few moments from now your life will be one hundred percent history!

At that moment, a huge wave hit the boat and turned it upside down, sending the philosopher of the age to the bottom of the river, while our sailor friend used his strong arms and his long

experience in swimming and confidently and calmly resisted the wave until he reached the other bank safely

Like gold buried under mud

Since the beginning of creation, the forces of good have struggled against the forces of evil We must remember that envy, anger, greed, and so on are not of our own making, but were given to us from the beginning It is from suffering these evils that wisdom awakens and tries to find the way amidst these pains

The only way to find wisdom is through experience, because through personal experience we realize that evil is what disturbs our peace and causes us distress, suffering, and pain, and for this reason we must work to avoid and get rid of it

Every time you find peace after being provoked and you decide to remain kind and calm, the devil comes and says: "You are being slandered, so why don't you say something ugly or hurtful in return?"

Do not allow the devil to be the winner in the tug-of-war between good and evil

The Holy Voice is constantly whispering to us, but to receive divine help we must listen carefully to the voice of Heaven

Every time Satan tries to lure us to him, God tries to draw us to Himself The question is: to whom will we listen, and to whom will we submit?

No one can exert control over us or influence us without our consent, because we possess the decision and freedom of choice that God has given

us, but Satanic deception is always present and we must resist it

The forces of good bring solutions to our problems, while the forces of evil try to create complications and problems Goodness means liberation from all selfish desires that exclude others in favor of the self

God's power is immense, and His might surpasses all power Through His love, He tries to draw us to Himself and deliver us from the clutches of evil Humanity stands in the middle: angels on His right and the forces of evil on His left

Every time a person does a good deed, God draws them closer; every time they commit a bad deed, Satan pulls them closer But Satan cannot hold onto a person forever because they are created in God's image

Whenever a person feels hatred in their heart, let them remember that Satan is trying to destroy them, and when they feel love, let them know that God is calling them to Him

There are evil examples and good examples God displays His examples or patterns to draw us to Himself, and Satan also displays his wares for the same purpose And how wonderful is the man of God who began to sing when he contemplated those displays:

"Life is sweet, and death is a dream Health is sweet, and sickness is a dream, when Your sacred melody echoes in the depths of my soul, O God"

Evil and sin are not in our nature, but are imported from abroad and implanted in the soul

Goodness is like gold buried beneath mud; it does not lose its essence, but rather shines with its natural purity once the mud is removed Similarly, goodness within the human soul is enduring No matter how much the gold of the soul is tarnished by the thick, hardened mud of ignorance, we need only scrape away that mud with the knife of wisdom or wash it with the waters of knowledge to reveal the beautiful luster of genuine gold

Activating spiritual energies
The soul must be awakened
From dreams of weakness and frailty
And sending the mind into the horizons of wisdom
Through meditation, exercise, and relaxation
Self-control and proper nutrition
And unwavering, indomitable psychological strength
Do not admit defeat
Because admitting it is a greater defeat
You have unlimited powers
Those forces should be activated
That's all there is to it!
Serious and deep thinking
It is the way to break free from constraints
And many problems
Consciousness towards God must be instilled
And with higher spiritual perceptions
The difficulties may be many
The burdens are heavy
But man's own enemy
That is, his little self or "ego"

The true soul is immortal
While experiences and problems are temporary and changeable
Man is essentially a spirit
The spiritual essence is constant and unchanging
You can unleash tremendous energies and powers
Overcoming hardships and calamities
And all the obstacles and impediments that stand in your way
***
Thought is a force like electricity
psychological conditions
It goes back to thought and way of thinking
Electricity is both beneficial and harmful
So who knows how to handle it?
He puts it at his service
Otherwise, it might electrocute him
And so too thought
If it is directed in the right paths
It brings happiness to its owner
Otherwise, it will bring him trouble
Thought is like a wild horse
However, taming it is not impossible
Positive thinking is one way to control your thoughts
Sound thinking is a close friend
And a sick mind is a constant enemy
Sound thinking attracts peace and security
And a sick mind launches deadly arrows
It rebounds on its owner twofold

Hence the saying, the reward is of the same kind as the deed

As long as a person sends good intentions

His ideas will turn into torches

Illuminate the chambers of the soul

And drive out the heaps of darkness

He then feels a deep sense of relief

His eyes beamed with a smile of contentment!

getting along with others

Their agreement does not mean everything

Or sacrificing ideals for their sake

Because this method of compromise is undesirable

It is not in accordance with the truth

The reformers and the great men did not agree

With many people around them

However, they retained their ideal

Because they realized that what they were doing

That was absolutely right

The principle should not be compromised

And not resorting to ulterior motives to achieve a specific goal

Because that is not befitting of principled people

Who can live in a way that pleases God?

Do not harm others, for they have nothing to fear

First and foremost, one must be in harmony with God

Then with conscience, and after that with people

But if this approach does not satisfy others

It is enough for a person to be at peace within themselves

He feels a sense of inner peace that makes him independent of people's approval

The strength and desire of the soul

In turning to God

It is called spiritual magnetism

And this magnetism

The soul attracts blessings to itself

and fine vibrations

And all good human experiences

Which reminds her of goodness and righteousness

spiritual magnetism

It is the power by which

It attracts and draws the person to itself

Good friends

And essential and important things

And an intuitive understanding of things

This power is derived

From the attractive magnetic force of God

Candle of Peace

Take a mental vessel and fill it with your peace

Take the bottle of my feelings and fill it with your mercy

Take my empty basket of soul and fill it with the fruits of your wisdom

Pour the waters of your love into my soul, so that I may pour them into the cups of the thirsty soul

Break down the walls of my ego and immerse me in your total presence

The dawn of love's light shines through the openings of my heart, reminding me of the sunlight of your love

Spreading across the sky of my life

The radiant light of your love has shone upon my soul, illuminating it, and your light has filled the space of my spirit

You are the life that sustains my body, the mind that inspires my thoughts, and the wisdom that dispels my ignorance

I light the thin candle of my love to read the golden book that has been kept inside me since ancient times

Your love was and still is the unseen candle of peace that dispels the darkness and shows me your messages

The blog is on the pages of hearts

The threshold of infinity

After searching for you repeatedly

And the continuous wandering in the forests of your wondrous secrets

I have finally reached the brink of infinity

With confidence and perseverance, I called upon Your holy name

And suddenly the door to your presence opened

There in its center

And on the throne of glorious visions I saw you
My hearing was not in harmony
With your creative and innovative voice
I eagerly awaited hearing your voice
Then the magic of your tranquility crept into me
And with intuitive whispers
She taught me the language of angels
And the new meeting faltered
I bombarded you with my questions and inquiries
Ancient as time itself:
"Why, O God, sin and suffering?"
Why the deception and illusions?
So I took the rays of your sanctuary
A form of luminous letters
Conveying to me your authentic and reliable answers
Giver of solace and comfort
Now, in the esoteric temple of Salami
I enjoy your presence in the heart of tranquility
We converse in unfathomable, silent words
O God of unfathomable mysteries
I will speak to you forever
With all the eloquence and fluency in my heart!
When your light flickers in my soul
Let your glory be revealed, O Lord
May the light of your wisdom dispel
Ignorance, discord, and envy
From the shores of the earth forever

Turn our weakness into strength
And we weakened into resolve
Charge our bodies with vital electricity
And fill the mind and soul with your healing light
Take our hand so that we do not drown in the waters of heedlessness of You
Fill our being with Your love and wisdom
Let us feel that we are very close to you
And the sun of your mercy
It shines upon us constantly
***
I place the blossoms of my whispering, vibrant thoughts
In the structure of stillness
Her silent fragrance sings
And he sings of your glories
And with the radiance of your holy light
I see the beauty of your existence
My happy dreams come true
When your light flickers in my soul
The veils are ablaze with the fire of wisdom
So behold your glory
My joy grows
Sea of Divine Blessings
O cosmic light
Every day I see you decorating the sky with bright colors
I watch you clothe the barren soil with emerald silk
You are in the warmth of a sunbeam
And He is manifest everywhere!

Lord, help me to see your face in the mirror of my tranquility

Show the vast kingdom of your existence, show yourself!

Teach my heart to pray, and my soul to feel

That all doors will open for him to appear through them

Your presence is a blessing

O Most Holy Beloved

Let me realize now and forever, that you were and still are mine mine forever

Here are the dreams of my mistakes, which have vanished and been buried in the graveyard of oblivion

I am awake, basking in the glow of the sun of life under your wings

The sea of divine blessings flows through me

And I feel that I am the medium through which it flows

All the sacred creative powers

Bless me, Lord, so that I may seek You

I care about you more than anything else

Just like your knitters do

***

There are many demands and requirements

The world imposes it on us

And it convinces us of its utmost importance

And because it is impossible to live without it

Or to do without them

But the basic requirement must be

Obtaining God's peace

Whose sources never run dry

Its source never runs dry
Which gives everything in life flavor and meaning
Let us remember that God is the essence of our being
And that love is the window through which we look
To His noble countenance
Who wishes to feel the divine presence?
And that noble desire is fueled in thought and deed
God will grant his request
And it helps him to tear down the veils
Which prevents the viewing of the blessed lights
Those who are determined to move forward on the path
Nothing will stop him
Nothing will hinder him
Until he achieves his goal
He gets what his heart desires
Don't let anger control you

This emotion runs deeper than it appears on the surface A person may be able to reasonably control the outward manifestations of violent outbursts, yet still harbor suppressed anger and simmering resentment This anger manifests in various ways, such as aggression, restlessness, impatience, discontent, envy, irritability, unhappiness, and moodiness In fact, almost everyone experiences anger to some degree

Anger, whatever its nature, stems from frustration in fulfilling desires In the absence of spiritual joy, people turn to pleasure through sensual desires—desires that inherently carry within them the seeds of frustration and dissatisfaction, and consequently, anger, which destroys tender feelings and higher perceptions

Therefore, the surest way to eliminate anger is to eliminate its cause: desire The more desires a person has, the greater their frustration will be, because it is impossible to satisfy all those desires, as sensual cravings are insatiable and never-ending The more we strive to fulfill desires or experience sensual pleasures, the more attached we become to them And the stronger our attachment, the greater our pain at being deprived of those things that seem to satisfy our desires

For example, nature has instilled in us the sensation of hunger so we know when our bodies need food But attachment or craving amplifies this sensation and transforms it into psychological distress If you are constantly hungry and fast for three days—whether for health reasons or otherwise—you will most likely feel angry On the other hand, a yogi can go without food for several days without being bothered by its absence because they have practiced detachment from bodily desires

When we realize that desires are the source of anger, we want to know how to constructively deal

with those desires There are several approaches to this:

First, fulfill those desires

If those desires are harmless, there's nothing wrong with fulfilling them, and then they'll pass The problem is that fulfilling those desires can generate new ones, or they may become ingrained and debilitating habits The more you feed those desires, the stronger they become Therefore, one should be discerning and critical, even when fulfilling seemingly innocent desires

Secondly, get rid of those desires

One of the most effective ways to overcome desires is to renounce them in your mind, and this becomes natural as we become more spiritually aware Those engaged in spiritual studies and practices, for example, lose the urge to smoke Relinquishing desires comes when the soul awakens sufficiently to pursue the ultimate desire: lasting bliss When we experience spiritual joy within us, the desire for sensual things weakens and loosens its grip on the will

We can transform strong desires into powerful and creative energies that are incredibly beneficial Often, the desire itself isn't bad; the problem lies in how people pursue it If you knew how to find happiness within yourself, you would find that all your desires would be fulfilled without needing to run around trying different things to achieve them

This should not be taken to mean that we should have no desires As humans, we cannot help but have desires As long as we are on this earth, nature urges us to act The challenge lies in not allowing anger to control us when the results of our actions do not meet our expectations

Meditation is the effective remedy for anger or any other problem This is because meditation brings us into complete harmony with our true nature, free from all forms of negativity, including anger God's joy and peace reside within us, and when we meditate in the right way, we attain that joy and peace, and anger dissipates naturally as a result Just as a mass of sand cannot withstand powerful waves, so too a person who lacks inner peace cannot withstand fierce intellectual storms

But a diamond retains its essential nature no matter how much the waves batter it from all sides Similarly, a person with a pure soul, like a clear crystal, remains shining even if difficulties rage around him and the winds of experience shake him violently

Why did he refuse the highest positions?

A meaningful story

As narrated by the teacher Paramhansa

Translation: Mahmoud Abbas Masoud

In times past, some righteous men lived in a quiet hermitage on the shoulder of a valley bordering the forest, where the breezes of peace

were ever-present and brotherly love was the hallmark of that blessed retreat

Those Brethren of Purity subsisted on the fresh fruits that the trees provided and used their clasped hands to scoop up and drink the living, radiant, flowing water from the abundant, clear mountain springs

Their eyes shone and sparkled like diamonds with heavenly smiles filled with contentment and satisfaction, and joy had settled in their hearts, filling them with lasting comfort

Despite all this, one of these blessed souls felt he had had his fill of spiritual happiness and longed to taste worldly glory, even if only for a moment He was seized by a desire to be king for just one day, so he bid farewell to his brothers and wandered to God's door in search of royal bliss

On his way, he prayed to God with all his heart, saying: “O Lord, O Generous One O You who hear prayers and fulfill hopes, I ask You to guide my steps to a palace where I may enjoy for one day the happiness that kings enjoy”

As soon as he finished his supplication, his eyes fell upon a majestic edifice, and he said to himself: "Oh, the hour of the Merciful! God has fulfilled my dream, and the desired happiness is about to be within my grasp" He hastened his steps towards that magnificent building

No guards stopped him, so he entered through the main gate without hindrance, and he wandered around the lush gardens studded with the freshest and most delightful roses and basil without seeing a single person

Then he went to the royal dining hall and found the tables laden with the most delicious food, awaiting his arrival Yet he did not see a single servant there He said to himself, "How generous You are, O Lord! You have provided me with this magnificent palace and this fine food fit for kings This is what I asked of You, and You have granted my wish, O Most Generous of the Generous"

Convinced that the Most Merciful had granted his heart's desire, he began to contemplate the delights that awaited him, certain in his heart that God Almighty had finally bestowed upon him the royal happiness he had long awaited Before lunch, he went to the royal bath, bathed, and donned luxurious silk robes Then he sat down at the lavish table and began to devour its exquisite and delightful offerings

At that moment, the servants who had been gambling in one corner of the palace entered, and with great anger and agitation, they interrogated him, saying: "Who are you to eat the food of our master the king who has gone on a hunting trip and we expect him to return at any moment?"

Here our friend thought that God Almighty was testing him, so he said to them in a sweet tone: “I am a friend of the Great King, and I came here at his kind request to enjoy royal happiness for one day”

Noticing his unusual calmness and self-confidence, the servants took him for a guest of the king and allowed him to finish his royal lunch Afterward, they took him to the bedroom to rest, unaware that the "Great King" he had mentioned was not their earthly monarch who was away hunting, but rather the Lord God

After about two hours, the herald came in haste to inform the servants that His Majesty was a little late and would arrive in an hour, and ordered them to have fresh, delicious food waiting for him

The servants asked, "Didn't His Majesty send a guest to enjoy his food and sleep in his bed?"

The king's envoy immediately realized that one of the vagrant dervishes had come to the palace uninvited, devoured the king's food, and was now snoring in his bed Enraged by this unprecedented insolence, he ordered the servants to bring sticks so they could break them over the beggarly dervish

Needless to say, our dear friend awoke from his royal dreams to the sound of sticks raining down upon him mercilessly from all sides But as the servants relentlessly beat and insulted him, he

would burst into laughter, which only enraged them further, so they continued their assault until he lost consciousness They then dragged him, unconscious, out of the palace gates

Our dervish friend was late in returning to his brothers, so they searched for him until they found him unconscious and lying outside the palace grounds They carried him back to their quiet hermitage As one of the brothers put milk in his mouth, he asked him to see if he had regained consciousness: "Do you know who is giving you this milk?" He replied: "Yes, I know The same God who punished me severely for wanting to enjoy royal happiness for a single day is the one who is giving me this milk now"

The other brothers thanked God for their brother's safety and admired his strong and unwavering faith in God, unlike those who worship God in times of glory and prosperity and deny Him in times of distress and affliction

Meanwhile, His Majesty returned to his magnificent palace and ordered the food to be prepared He was briefly overcome with anger when he learned the story of the beggar who had dared to eat his food and had not stopped laughing while the servants were beating him mercilessly with sticks

For some reason, the king was deeply affected by the story, which haunted his thoughts He ordered his servants to find the daring pauper and

bring him to him They set out to search for him in every direction, but to no avail On their despairing return to the palace, they passed near the dervish's hermitage and heard a resounding laugh They immediately recognized it as his laughter, so they dismounted, forced their way into the hermitage, seized the kind man, and took him before their ruler

When the king and the dervish faced each other, the dervish laughed even louder than the king, as if he were unable to contain his joy within the walls of his heart Despite the king's persistent demands that he explain his laughter, the dervish refused to answer, even under the threat of severe punishment

Out of curiosity, the king then resorted to flattery and appeasement, offering him his throne if he would tell him why he was laughing while the servants were beating him

Then the dervish spoke, saying:

"Listen to what I am about to tell you and understand it well God has severely punished me for desiring the illusory royal happiness for just one day I laughed and I am laughing because I escaped with my life and realized that if I deserved all this punishment for enjoying royal pleasures for a few hours, what about those who have no concern in the world other than pleasures and delights, especially royal ones! Perhaps in this there is a lesson and a warning for you, O King of the Age,

because the law of karma is lying in wait and your fate is on the way"

As for your throne that you offered me, my answer is: Thank you very much Keep it for yourself, for I do not need it because I am happy in God and content with my life, and I have no need for anything that would disturb my joy and trouble my peace

Peace be upon you

Spiritual sayings and sentiments

The following words are from Shri Dayamata about the teacher B Ramhansa Yogananda :

I still remember my first meeting with my beloved teacher He possessed such a generous and loving heart that everyone he met felt like a close friend, as if they had known each other for a long time It wasn't difficult to open your heart to him from the very first moment The immortal teacher had the ability to reveal his true spiritual essence He was truly the embodiment of love, friendship, good intentions, and kind wishes

And now to the proverbs and sentiments:

Wars will stop when the seeds of brotherly love take root in people's hearts

*

A person’s present actions will determine either their future peace and happiness or their future misery and unhappiness, since the law of

cause and effect cannot be deceived despite being ignored or forgotten

*

Material comfort is only a small part of true success, which should not be achieved by harming others

*

The greatest person is the humble one who considers himself less than everyone else A true leader listens to others, feels he is a servant to all, and does not look down on anyone

*

When someone appears with a bright smile, the darkness dissipates Such people spread rays of joy that illuminate the heart and gladden the soul

Try to remember and focus on all the beautiful things in your life

Life slumbers in the rough earth, dreams of beauty in flowers, awakens powerfully in animals, and possesses an awareness of infinite potential in man

Love is a song of the soul that resounds and sings to God

Every day, every minute, every hour is a window through which you can glimpse eternity Life is short, yet it is continuous and endless The

soul is immortal, and in this brief chapter of human existence, you must reap what you can of the harvest of eternity

Today, I resolve never to allow myself to fall back into the mire of despair, nor to dwell on unfulfilled hopes or unrealistic dreams Instead of allowing myself to remain confined and limited, I will act with wisdom, knowing that this rational approach will naturally lead me to the happiness I seek

*

Lord, in the warm embrace of the sun I feel Your presence, and in the gentle breeze I sense the refreshing breath of Your life I thank You, Lord, for remembering me even when I forget You, and I am deeply grateful for Your unending blessings Bless me to live with Your constant remembrance

*

I know, Lord, that there are many things in this world that seem crude, terrible, and ugly, but the other side of creation that is revealed by the inner eye of wisdom is extremely beautiful, good, and lovely Therefore, I will always try to look with the eye of wisdom so that I may see behind the shortcomings and flaws of this world Your supreme beauty that reigns over all beauty

The harmonious nature in words:

Self-discipline Love for others Kindness to animals Love of good qualities Love of peace and tranquility Love of great people Compassion for the poor and needy and helping them Honesty Performing one's duty out of love and respect for it Love of righteousness and reform Possessing a sense of morality and doing what is right Self-respect Modesty Gentleness Loyalty Chivalry Patience Forgiveness Following in the footsteps of great souls and enlightened minds Frankness Good manners Kindness Simplicity and clarity Balance Spiritual feelings Contentment Love of physical cleanliness and intellectual purity Humility and avoidance of arrogance Love of goodness Fairness Gratitude Respect for sacred things 623 MAM

*

Behind the shadows of this life lies the amazing and wondrous light of God, and the entire universe is a vast temple for His blessed presence

*

When we think deeply and sincerely about God, love Him deeply, and trust Him completely, countless doors open before us And when we see His light and experience His presence, no matter how terrible or frightening life's events, can steal the peace and tranquility we feel in His presence

*

In life and in death, in sickness and famine, or in poverty and misery, and in the upheavals, turmoil and agitation of the world, I will always take refuge in You, O Lord

*

The exceptional quality of the entrepreneurial spirit is what distinguishes a person in the world and makes him shine like a blazing torch Great people are those who love to give, encourage others, and instill confidence in them

*

The amazing wonders we see in this universe suggest to us the existence of God; His presence is manifest in every corner of all creation, which is the product of His universal mind

*

A person descending a hill encounters no resistance, but as soon as they wish to climb higher, they face considerable resistance Similarly, a person sliding into the abyss of evil feels no resistance until they attempt to reverse course and climb the hill of virtue

*

A person's happiness increases by continuing to make an effort to improve themselves, and as their happiness increases, so does the happiness of those around them

*

Remember that doubt, mental weakness, worries, apathy, boredom, fear, anxiety, shyness, physical laziness and intellectual lethargy, excess in anything, undisciplined living, lack of interest, and lack of creative ability are negative inhibiting factors that make it impossible for cosmic energy to be attracted to a person to charge their body and mind with life force; whereas the desire for

constructive work, helping others, creative spiritual ambition, calmness, courage, an indomitable and resilient psychological attitude, tolerance, patience, and peace are all channels through which cosmic energy can flow and help you cope with life's circumstances

*

One of the visitors considered thinking about God to be illogical, so the teacher Paramahansa replied:

"The world agrees with you, but is this world a paradise? True joy is not for those who abandon God, because God is the greatest joy itself, and His worshippers live in a haven of inner peace on this earth, while those who forget Him spend their days and nights in a hell of their own making, burned by the fires of fear and disappointment Therefore, thinking about God and drawing closer to Him is the very essence of righteousness and the spirit of logic"

*

Human beings are the noblest of God's creations, endowed with intellect and the capacity for thought; therefore, they should not waste their time God has granted humanity free will and the freedom to choose, so that they may relinquish all worldly ambitions and love God, who has bestowed these gifts upon them

*

In the heart there is a magnet that attracts good and loyal friends It is the magnet of altruism and generosity

*

Our hearts are the beads, and divine love is the thread that holds them together and keeps them close to each other in a crown of unity and harmony

*

Let us thank God who placed us on this earth, which is our great home, and let us live in joy, harmony, and conformity with His will so that our home becomes as He wants it to be for us

*

Step away from the crowds and discover your own strengths and potential Don't let your spirits wane, and pay no heed to the negative opinions of the world Proceed steadily on your path, confident that God's infinite power is with you, supporting and guiding your steps

Those with enlightened insights gather the roses and flowers of truth from the gardens of knowledge and work to enlighten and beautify souls with noble and refined qualities that qualify them to enter the paradise of universal wisdom

*

We should not hate others because they are different from us, or because their opinions differ from ours Nor should we insist that our own convictions are the only correct ones It is better to sit together and discuss our opinions with open minds and mutual respect, keeping in mind that wise people do not quarrel but rather examine matters calmly and rationally

*

Good intentions are like a transparent diamond through which God's light shines and radiates purely into our lives

*

We ask You, Lord, to kindle the flame of divine love in our hearts and to make our souls yearn for You and cherish You day and night Grant us Your love so that the moment we think of You, joy fills our hearts and our souls rejoice in Your presence

I burned away the gloomy past, ignored the seeds of apprehension and anxiety about the future, and walked over the scattered ashes of fears and worries

Your happiness bank

Stop for a moment and think! Isn't it better to live simply and be truly rich?

The money you worked so hard to earn could be lost if your bank goes bankrupt But the spiritual happiness you've accumulated in the bank of your unwavering resolve and steadfast determination can never be lost; its value will only increase and multiply

You are the manager and investor in your own happiness bank If you know how to perform these two roles perfectly, and how to continuously add to

your happiness deposits, then failure is impossible for you, God willing

*

In the stillness of silence, the truth shines upon consciousness like the sun shining through the fog

*

If a person loses only wealth, they lose nothing truly, for if they possess health, skill, and good management, they can still remain happy and earn more money If they lose health, they lose most of their happiness But if they lose their purpose in life, they lose everything worthwhile

*

I do not look at anyone as a stranger to me, and I am happy to love everyone with all the love that God has placed in my heart, and I cannot exclude anyone from my circle of love

*

When you can fully concentrate your mind, your senses become capable of penetrating anywhere and your perception is charged with energy

*

A person should train himself and his family members not to gossip about others or talk about their faults and mistakes, and instead focus on self-improvement and correcting his own errors

*

The development of pure and unconditional love between husband and wife, parents and their

children, friend and friend, self and everyone, is the lesson we came to this earth to learn

*

There are those who fail to learn from the lessons of both pain and pleasure, leading lives filled with regret and frustration because they neither avoid actions that bring suffering nor follow the paths to happiness Very few, after being burned by the fires of ignorance, refrain from repeating the behaviors that cause unhappiness and misery And then there are those who are easily swayed by pleasure and shackled by melancholy, needing a stable psychological state characterized by insight and balance

*

Without inner happiness, a person finds himself a hostage to troubles and worries And happiness - my friends - is not limited to success and wealth alone, for true happiness is based on confronting all kinds of failures, difficulties and problems of life with diligence and optimism for good

*

Good health, mental efficiency, fulfilling work, and wisdom are all vital elements for cultivating happiness The inner river of joy must be kept flowing beneath the hard rocks of life's trials

*

Life and death are two distinct phases of existence, and humanity is part of eternal life When one finds peace and clarity of mind, one touches one's boundless spiritual essence

*

If you use all the external means available to you in addition to your natural abilities to overcome every obstacle in your way, you will do so by developing and enhancing the powers that God has given you

*

O Divine Protector, All-Present, when the clouds of war send down rain of gas and fire, be my refuge and sanctuary

In death and life, in sickness and famine, in epidemics and disasters, in distress and hardship, I will always seek refuge in You

Let me realize that I am an immortal spirit, untouched by the ups and downs of childhood, youth, old age, and the sudden explosions of the world

*

Do your part in building lasting friendships by being a true friend

*

In the world of dreams, we forget our names, our bodies, our nationalities, our possessions, and our weaknesses, and we unconsciously enjoy a great freedom, which is the freedom of the soul We must develop a similar but conscious awareness of that innate freedom

*

Spiritual duties must be performed with focused thought, and worldly duties with careful attention One must keep one's feet firmly on the

ground and one's head held high above the clouds of ignorance, in the radiant horizons of wisdom

*

God’s light and protective power constantly shine within me and flow through me, and the touch of His peace has opened the eye of wisdom in my soul

A life without rules leads its owner to unhappiness and psychological instability A person who lives a life devoid of moral discipline and principles is a person full of intellectual anxiety and worries, while the one who learns self-control and mastery over unruly passions knows the way to true happiness

*

In my spiritual solitude, my longings intensify, and my heart yearns to hear the voice of the Divine Beloved I will banish all the dense worldly voices hidden in the folds of my memory so that I may listen to the most sacred voice singing eternally in the tranquility of my soul

*

The sun of my love will never sink below the horizon of my thoughts of you, nor will I lower my gaze to anything but you, nor will I do anything that does not remind me of you Actions born of ignorance and folly lead to terrible dreams and dreadful nightmares, so let me weave only sweet dreams of noble achievements, for they are born of your inspiration and your guidance

*

Life without understanding is spiritual and physical suicide Blessed are those who possess understanding, for understanding is the greatest need on the spiritual path and on the roads of life Understanding is a guiding light that illuminates one's way and brings success Before one can achieve life's highest purpose, one must possess this essential and vital quality Understanding should be a guiding force in every situation No matter how difficult the trials we face, we must possess true understanding

*

God does not cause us harm and pain; rather, we are the ones who help or harm ourselves through our understanding and comprehension, or our misunderstanding and lack of understanding

*

We must pray to God to grant us understanding, regardless of the trials we face or the circumstances we encounter Understanding alone will protect us

*

When my experiences become more intense and severe, my first attempt is to find understanding within myself I don't blame circumstances or try to correct others; instead, I go inward and try to cleanse my spiritual fortress, removing anything that might obscure that inner light, hinder the soul's powers from manifesting, or prevent them from expressing themselves That is the way to live successfully

*

Running away from problems might seem like the easiest solution, but a person gains strength when they confront a formidable opponent Those who face no difficulties do not grow, nor do their resolve strengthen

*

Fear fades away when we possess understanding; in understanding there is security and protection

*

I've faced many experiences in life, and the hardest of them were with people who misunderstood me I've seen people I loved—people I gave my heart to—misunderstand me and turn against me But that didn't create bitterness in me because bitterness clouds understanding I don't allow myself to be hurt by others' misunderstandings Instead, I try to help them if they are receptive and send them good intentions and kind wishes

*

My greatest joy lies in speaking of God’s wonders to those who are in tune with me and trust me, and in amplifying their longing for that divine light that has given me indescribable comfort, freedom, and security

*

All the difficulties you face in this life are meant to inspire you and motivate you to exert

greater effort so you can reach higher levels Develop your willpower so you can control your circumstances instead of letting them control you Make sound plans for your life so you can accomplish all the good things you want to do and know you should do

*

Those who are too attached to this world forget God, and that is why we lose everything we hold dear The universal law takes these things from us or removes them from our lives not to punish us, but as a test to see if we love creation more than the Creator

*

Those with weak wills always say "yes," while great souls are full of literary "no's"

*

Today I will activate my ability to think creatively to achieve success in every worthwhile endeavor I intend to undertake, and in doing so I will have properly used all the powers granted to me by God

*

True happiness is fundamentally based on a person's psychological state Contentment, satisfaction, peace, and tranquility are all signs of happiness

*

One must strive to possess good health, an efficient mind, the necessities for a proper life and work, sound judgment, and correct understanding,

and must not allow oneself to succumb to the wrong environment or circumstances

*

Humans often weave cocoons that confine them and tie ropes that bind them They must understand the causes of these constraints in order to eradicate the slow-moving contagion from their minds and bodies This will bring about a psychological renewal, paving the way for happiness, the emergence of spiritual awareness on the horizon of their lives, and the awakening of the vital forces within Consciousness must be raised from the depths of ignorance to the heights of understanding and knowledge

*

A person who nurtures intense fear attracts what they are trying to avoid, and constant fear damages the nerves and brings illness to the body When you are full of strength, energy, and vitality, illness flees the body

*

The soul that delights in the song of optimism does not like to hear the harsh voices of pessimism, and the mind that is always directed towards the star of spiritual awakening becomes a strong, entrenched mind that does not know wavering or equivocation

*

I gazed thoughtfully at a flower, and immediately I glimpsed you, O spirit of the universes It was redolent with the fragrance of

your presence, its petals were tinged with the blush of innocence, and the golden light of your wisdom shone in its heart The slender stem and the green bud were supported by your power, and the secrets of life and eternity slumbered in the pollen dust Your infinite touch inspired the bee, and it began to sip the nectar of your sweetness

*

Show me the wonders of creation your endless secrets, which are hidden in the finest blade of grass on the side of the road

*

Every father and mother must possess the wisdom and composure of fatherhood and the gentleness and tenderness of motherhood, and these two qualities must be balanced and complementary in each of them

*

I will scatter stars of joy and optimism to dispel gloom from souls, and I will spread rays of empathetic participation to comfort the grieving

*

We are here today, and tomorrow we will descend like clouds—mere shadows in the cosmic dream But behind this fleeting, ephemeral image lies the eternal spirit, and our souls are an inseparable part of it

*

God is the one truth We must constantly pray that life's trials will not hinder our remembrance of Him When I pray in this way, I receive greater results than at any other time Then, even if

something serious happens, it cannot prevent me from thinking of Him; rather, I feel safe and secure in His holy presence

*

Life here seems barren and chaotic until we reach the shores of safety That is why I always say I am here to bear witness to the importance and glory of the ultimate truth We must not place our hopes on fleeting worldly goals and fragile material attachments Such flimsy connections unconsciously distance us from our highest purpose, just as they distance us from our true selves

*

The environment creates illusions in people and makes them great in their own eyes The serious aspirant must rise above that temporary and fleeting environmental awareness and recognize the truth within himself so that this truth becomes his natural environment and the only influence in his life

We ask God to inspire us with guidance and to lead us to Him, and to help us find Him before we depart this world Whatever the nature of the trials we face and the pain we endure, we must never lose hope that God's help is near, that He answers every heartfelt prayer, filled with longing, and that He will not abandon His beloved or leave them at the mercy of fate

*

Wealth does not necessarily guarantee health, peace of mind, or productivity However, when we achieve efficiency and peace, we are bound to achieve balanced financial success as a result

*

Within you is a wonderful and amazing garden of refined thoughts, fragrant with the scent of love, kindness, understanding, and peace Its flowers are immeasurably more beautiful than earthly flowers and material herbs

*

When you give your pure love, you have planted a fragrant rose, and the scent of that love and the fragrance of that understanding last longer than any earthly flower and that is the truth!

*

A person should fear nothing but fear itself, for it is the greatest enemy of success and health It poisons the mind, brings forth the things one fears, intensifies pain, damages the heart, and harms the nervous system and brain Therefore, it must be overcome through faith in God, positive and creative thinking, optimism, hope, and trust in divine protection Those who love God and walk in His light cannot be overcome by the darkness of fear, for God is with them, and whoever has God with them is safe

*

Holidays become more beautiful and spiritual by exchanging spiritual gifts of love, peace, joy, tolerance, and good wishes

*

When we turn our hearts to God and supplicate to Him with utmost love and great longing, we will find Him near and quick to forgive and give, because in doing so we touch His compassionate universal heart and His unconditional divine love

*

Real life is more than just eating, working, and sleeping, so I will use the gift of reason to seek and find God, and I will work for my salvation through serving my brothers and sisters in humanity

*

Many people have come to this earth and left it, yet we still consider living here real as if we were to remain here forever The wise person is the one who constantly remembers God, for continuous contemplation of Him is the path to liberation from this earthly dream of birth and death

*

God has placed within us good powers and energies to overcome all the obstacles that stand in our way and the trials that we face, and we must work to bring out those invincible powers and inexhaustible energies

*

There are people who never change; they grow old clinging to the same habits and ways of thinking These can be called psychological relics Some of these relics are spiritual in nature such people live ideal, peaceful lives but don't work on developing their understanding or broadening their

horizons, remaining stagnant They lack the ability to understand the needs, enthusiasm, and interests of the younger generation This might be somewhat acceptable, but when they condemn and criticize the new generation without insight, they become intellectually rigid On the other hand, many young people fall prey to mistakes because they don't respect the opinions of their elders or listen to their advice They think that older people are outdated and therefore there's no need to listen to them or follow their advice because their ideas are old-fashioned and obsolete In their youthful eagerness to be modern, they break as many old rules as possible But they must remember that elders have weight and value; they have lived through years and have seen and learned a great deal Members of both the old and new generations should make an effort to learn from each other, because both old and new artifacts have their advantages and benefits

*

There is no greater test than knowing that our Creator is with us We should expect His presence and long for Him, for He watches over us in every way No matter the troubles, no matter how great the sorrows, pains, or illnesses, let us seek comfort and solace from God, and let us ask Him for wisdom and guidance He will answer us as long as we trust in Him, love Him, and seek His help

*

Love is the fragrance of blossoming lilies and the silent chorus of roses celebrating nature's

beauty Love is the soul's song, a hymn to life, and the rhythmic, balanced dance of planets in their perpetual journey through the vastness of space It is the thirst of flowers to sip the sun's rays, to bloom and be quenched by the elixir of life It is the earth's yearning to nourish parched roots with its milk and to nurture all life with its sap It is the sun's mighty will to keep all creatures alive and vibrant, and life's impulse to protect and care for the vulnerable It is the smile of innocence that evokes parental tenderness for the infant and the spontaneous submission in lovers' hearts to offer service and solace without expectation of return It is the pulse of friendship that mends broken hearts and heals wounds It is the heart's cry that defies description It is the poet overflowing with love for humanity, pained by its suffering It is the ever-expanding circle of intimacy among members of a single family, ever-growing into wider spaces and broader horizons It is the whisper of life in the realms of open minds and the skies of hearts studded with the stars of noble emotions Love is the bliss of the soul, which loving souls yearn for and long to attain and connect with

*

Be with us, Lord, and help us to accomplish our duties and feel Your blessed presence that refreshes the heart and instills peace and hope in the soul

Unless you use the brakes of self-control while driving the car of your life, you will be at the mercy

of uncontrolled emotions and wrong desires emanating from the ego You must be able to use the brakes when necessary to prevent yourself from acting recklessly, veering off the right path, and falling into a pit of pain and suffering Sup24

The misuse of words is one of the most lethal and destructive weapons A major cause of anger is harsh and hurtful speech One must avoid gossip and idle chatter, steer clear of arguments and disputes, and rid oneself of aggressive tendencies

*

If a husband or wife becomes angry and provokes the other, the best course of action is for the other to walk away and refrain from responding until the situation calms down If one of them utters hurtful words, it is best for the other not to respond in kind, but to remain calm until tempers cool If the wife shouts at her husband and he responds with a loud yell, the husband will suffer twice: first from her stinging words and then from his own harsh response, ultimately harming himself first and foremost This could lead to divorce or other undesirable consequences It is also important to avoid stubbornness or treating the other with condescension At the same time, one should avoid engaging in arguments and quarrels, and instead wait until composure and inner peace are restored

*

Don't let anyone steal your peace, and don't steal the peace of others with verbal (or written) insults In anger or the heat of the moment, one

might say something inappropriate, something one never intended, and then regret it, while the other person will remember those words for twenty years In this sense, memory is a bad thing The power of memory is a blessing if used properly, but it is harmful if used as a repository for the bad things done to us

When we awaken in God, we will realize that human life is merely a series of shadows and light projected onto the cosmic cinema screen

We are accustomed to perceiving things that our senses can sense and perceive, and most of the time we remain unaware of the subtle forces around us Yet every thought we have creates a certain subtle vibration This is why a person cannot hide their true nature from others If they have made a mistake, they know it deep down, even if they think they are hiding it, because the feeling of wrongdoing resides in the thoughts, and others will know it because the vibrations of those thoughts will manifest themselves in one way or another through their actions This also applies to good deeds and thoughts When we think of God and utter His name—aloud, in whispers, or in silence—we release a spiritual vibration into the ether, which invokes His blessed presence

*

O Lord, the rays of Your love shine equally upon all members of Your cosmic family Humanity

is to blame for becoming opaque, impervious to the light, due to its flawed thinking May Your power permeate my being and dispel the thick, dark vapors of this world, so that I may become a clear, polished mirror reflecting Your pure, radiant image

*

Love must be genuine, and when it comes from the heart, it is genuine

*

If you turn to the divine light, you will find a divine power capable of illuminating and easing your path and granting you health, happiness, peace, freedom, and success

*

If earning money is difficult, achieving psychological balance is even more so A person should be kind and calm in their speech, thoughts, and physical actions

People have two natures: the nature of home and the nature of the salon At home we take our ease and feel our true nature, yet we often wish that we had avoided behaving naturally because by behaving we reveal ugly things that should not have been expressed, especially if they cause harm to those around us

We adopt the salon mentality when we go out dressed elegantly, smiling broadly, while our thoughts and feelings are swirling inside At home, we say, "I'm upset with so-and-so and can't stand

the sight of him," but when we meet the same person, we greet him with, "Hello! How are you?" These conflicting currents of incompatibility and unhealthy emotions affect the nervous system and other parts of the body

*

Oh my beloved God

I have seen your infinite expanse in the horizons of tranquility

And I tasted your refreshing joy deep within my being

And I heard the echo of your voice in my waking conscience

And I listened to your whisper to my spiritual perceptions

*

O Lord, transform the demons of ugly, selfish greed into angels of soaring, lofty aspirations, painful ignorance into blessed wisdom, and base idleness into refined gold of radiant spiritual achievements

*

O Lord, make us pure, transform our weakness and inaction into zeal and determination, and our wrong thoughts into understandings of the truth

What is love?

Love is the fragrance of blooming lilies

And the chorus of silent roses

Celebrating the beauty of nature

Love is a song of the soul singing for life

And the balanced rhythmic dance of the planets

In its perpetual journey into deep space

It is the thirst of flowers to sip sunlight

And it flourishes and is nourished by the elixir of life

It is the longing of the earth

To nourish the thirsty roots with its milk

And nurturing all kinds of life with the essence of life

It is the mighty will of the sun

To keep all living things alive and active

It is the driving force of life

To provide protection and care for minors

It is the smile of innocence that evokes paternal affection

on the baby

And the automatic submission in the hearts of lovers

To provide service and condolences free of charge

It's the pulse of friendship

The one who mends broken hearts and heals wounds

It is a call to the heart that defies description

He is a poet overflowing with love for humanity

The one who suffers from her misery

It is the circle of intimacy between members of the same family

Constantly expanding and widening towards larger spaces

And broader fields

It is the whisper of life

In the horizons of open minds

And the sky of hearts studded with the stars of noble feelings

Love is the bliss of the soul

That which loving souls aspire to

And she longs to reach him and communicate with him

I saw life

As I walked among the verdant hills and grassy valleys

Moving among the trees and flowers

I saw life playing and having fun

I saw its golden rays in the sun's disk

And I saw her disappear into the thickets of clouds

I heard her giggling in the joyful streams

And she sheds tears generously from the raindrops

I saw her swaying in the tree branches

And the daisies dance with joy

I heard it resounding in the chirping of birds and the warbling of nightingales

I saw her shadows enveloping the slopes

Its dew moistens the hearts of roses and kisses their cheeks

I saw the dewy grass clinging to her feet

Just like I saw her spraying the field weeds

With drops of love, it increases its freshness and beauty

I smelled her fragrant breath carried on the morning breeze

I felt her peace and saw her hands scattering blessings

In every valley and corner

How wonderful life is!

And how sweet it is to walk with her

Hand in hand

On its blessed paths!

Peace be upon you

The unknown entity or the subconscious genie

As we progress along the path and our spiritual understanding deepens, we feel as though we are facing a powerful internal opposition But this feeling is merely an illusion; the opposite is true The strange, perplexing, and capricious nature of that "unknown being" within us seems to feed on indescribable elements drawn from realms beyond the grasp of our human consciousness

This being seems to reside in an unseen place, and can be likened to a person from another planet, who is our guest even though we have no connection with him in terms of interests, ideas, habits, ambitions and distant aspirations

This unknown being seems to possess ideas about the afterlife that are immeasurably greater and more accurate than our own It appears to us that it has only a flimsy understanding of the pressing necessities and practical needs of our earthly existence

Our unknown friend seems to be ignoring us, undoubtedly absorbed in the mysteries of the universe And when he does remember us and wants to please us, he creates a strange, seemingly illogical movement that throws us off balance, disrupts our equilibrium, and leaves us bewildered

We often believe that this unknown entity is mocking us and ridiculing our abilities, as if it is toying with our minds without the slightest regard for our feelings or empathy for our circumstances Sometimes it seems to annoy and anger us, offering us no favor worthy of gratitude or any tangible benefit

This being seems capable of performing miracles and wonders of all kinds, but despite its presence within us, it is difficult for us to communicate with it and benefit from its unlimited abilities and supernatural powers

This hidden entity can be likened to a spoiled child who has been granted access to the secrets of heaven and earth It uses those secrets and controls those powers as it pleases, without restraint or accountability

He seems to know everything, but he doesn't know how to use that knowledge properly His hands are full of treasures, which he squanders and wastes in the wrong direction and at the wrong time

We see him giving bread to the thirsty and water to the hungry (and feeding sweets to the toothless)

He showers the ungrateful with gifts and deprives the beggars of presents

He pursues those who flee from him and runs away from those who are eager to meet him

What is that hidden force that sometimes charges a person with a strange and wondrous energy that races the winds and ghosts?

What is the force that raises and lowers the level of vibration and energy in such a way as to help a person balance their temperature when leaving a warm room on a cold morning and vice versa?

That unknown entity operates with a skill so extraordinary that it would never occur to the brilliant chemist or the astute engineer

Is it possible that such strength can be gathered during this short lifespan on this earth?

No, my friends, it took millions of years for that "stranger" to perfect this bodily mechanism we attribute to the five senses For example, it's

impossible for the conscious mind to know the precise amount of sugar that should be pumped into the bloodstream If that amount were too low or too high, the results would be disastrous

We stand face to face with a power about which we know very little, and we should come to know it The best way to do this is to challenge what we have learned so far and prepare ourselves in the manner of the great teacher when he said: "Unless you become like little children, you will not enter the kingdom of God"

In other words, unless a person becomes accepting of the child’s simplicity, purity, and faith, they will not be able to make any significant spiritual progress

Scientific meditation is perhaps the easiest way to recognize that hidden inner power, but most people lack the motivation to meditate and prefer to attain that knowledge in their own way, or simply by sitting in silence—even if their thoughts are raging like a whirlwind in every direction Some might say, "I must attain that knowledge in future incarnations, and I am in no hurry My subconscious may awaken me one day, but there is no need to exert conscious effort to achieve it"

It doesn't matter how old we are, how many times we've failed in life, or what others think of us It doesn't matter what genes we carry or what circumstances we live in None of this matters to the hidden guest that dwells within us All it wants

is for us to allow it to use our bodies, our energies, our minds, and our consciousness, and to surrender control of every aspect of our lives to it This is what we must do if we wish to reach the peaks that await us

When we reflect on the events of our lives, isn't it true that we realize that a hidden force has guided us and spared us from many dangers? But as soon as the danger passes peacefully, how quickly we forget that force!

That power has never and will never leave us And every time we need it, it is always there to help us, just as the great teacher said: "I am with you until the end of the world"

If we read the biographies of great men and women throughout the generations, we notice that in every incident, no matter how small, and no matter what method was used, whether through fervent prayer or deep affirmation, the result was always the same

This imprisoned giant within us is in constant motion, striving to break free once and for all When will we consciously unshackle it and follow it to freedom and victory?

Let us begin now and give the inner giant a chance, and we will find how sweet life will be and how it will shine with the lights of joy and victory, with God’s help

Peace be upon you

Scenes from India and a vision

India is a microcosm of the world in every way It is a country of all kinds of atmospheres, climates, religions, businesses, arts, peoples, landscapes, languages, and cultures

Indian civilization dates back thousands of years, and its rulers, sages, and guides have left records that testify to the existence and authenticity of Aryan civilization in India and Sindh

Many European tourists visit India and see magicians, sword-wielders, and snake charmers in its streets, believing this to be the best India has to offer, unaware that these figures do not represent the true essence of India The real life and vitality of India lie in its spiritual culture, which has made it a melting pot of religions and beliefs since ancient times

It is true that the West can teach India many sound practices, methods and principles of trade, and the development of natural and human resources And it is true that India needs visionary leaders like Henry Ford and Thomas Edison But the Western world is also consciously or subconsciously thirsty for the practical, spiritual

lessons that India has specialized in throughout history

Science has advanced so much in Western cities, making such rapid strides that people's material needs—shelter, food, and clothing—are readily available However, physical and material comfort is not enough without psychological comfort, peace, and spiritual solace

India's greatest and richest heritage lies in the spiritual methods and paths discovered by visionary and enlightened Indian spiritual scholars over the centuries This heritage has contributed and continues to contribute to humanity's spiritual and scientific culture

India is a land of secrets, but these are secrets that only open their hearts to those who sympathize with them, those who search for the truth earnestly and sincerely

India boasts the highest and most magnificent mountains in the world: the Himalayas Darjeeling in northern India is often called the Switzerland of India in terms of breathtaking natural beauty It also possesses ancient ruins of unique castles, forts, and princely palaces in Delhi, as well as the wide Ganges River and the Himalayan highlands, with their caves and retreats for contemplation and reflection on divine light and wisdom

The city of Agra in India boasts one of the world's wonders, the Taj Mahal, the pinnacle of

architectural art and the most beautiful dreams of mankind, embodied in polished marble and exquisite alabaster, immortalizing human love

India also has dark forests and dense jungles where tigers and lions roam India also has a blue sky that becomes more magnificent and beautiful at sunset when the sun’s rays turn into a mass of burning orange flames

India also has countless varieties and colors of oriental fruits and vegetables and many races of people, all of which combine to make India an amazing, wonderful, and unforgettable melting pot

India is a land of great contrasts, where obscene wealth exists alongside abject poverty, and where the pinnacle of intellectual purity coexists with a harsh, everyday life In India, you'll find Rolls-Royces and oxcarts, just as you'll find elephants in ornate litters and magnificent horse-drawn carriages

In northern India we find people with blue eyes and blond hair, while in the hotter south we see dark skin tanned by the heat of the tropical sun

From beginning to end, India truly is a land of surprises and contradictions Life becomes monotonous if it follows a single path But in India, one feels that life is a grand adventure full of surprises and secrets one never imagined

India may not have physical skyscrapers or excessive modern luxuries and entertainment that strain the spiritual nerves

It is true that India has its flaws, just as all nations have their flaws

But India has spiritual skyscrapers: humble, realistic spiritual giants who can teach their fellow human beings how to extract complete spiritual joy from any circumstance of life

These Sufis with scientific foundations, who have come to know truth and reality through their own efforts and experience, can help others develop their insight and extract the refreshing waters of peace and contentment from the soil of their daily lives

An ethereal vision at sunset

The wise teacher Paramhansa describes his vision as follows:

From my balcony, I gazed westward, and on the wings of imagination, I soared to the shores of the distant horizon To my right and left, I saw two mountain ranges that soon transformed into a mysterious purple hue When I looked again, an unseen hand had enveloped them in a veil of deep blue Behind me lay the city of Guadalajara, bathed in the twilight of sunset The eastern sky was now adorned with soft pink hues Looking ahead, my eyes beheld a magical city of blue islands floating in a lake of gold

In this archipelago of magical blue islands, a massive hill of blue limestone rose, surrounded by gray-white volcanic clouds that spewed forth geysers of fiery red-gold lava, cascading slanted like a rainbow towards the tranquil lake Intense golden flames enveloped the blue islands in blazing halos of light

The blue peak and its fiery crown were reflected like twins on the surface of that silent golden lake And to the far right, a small, tranquil lake shimmered, nestled against the breast of one of the blue islands like a full moon swimming amidst waves of clouds

I wandered for a long time in the city of sunset and mirage-like clouds, floating on the surface of the lake with its delicate golden light And how magnificent were those golden waters studded with red ice clusters scattered in every direction to the edge of eternity

I imagined that little nymphs of light were benevolent spirits on this earth, and after successfully passing all of life's trials, they were allowed to roam and embody their dreams as they pleased Every day at sunset, these nymphs would condense their celestial dreams in ethereal cities surrounded by seas and lakes of gold There, beyond the grip of sorrows and beyond the traps of this earthly world with all its tragedies and pains, beyond all afflictions, these beings breathed red light, drank orange rays, and drifted and drew

near, roaming and swimming amidst a sea of multicolored lights

Here, those mermaids would fulfill their dreams and embody their fantasies instantly as they wished, then dissolve and vanish at their will

Here, those creatures enjoyed the treasures of contentment and satisfaction, and generously granted the dreams of all who visited them in their wondrous, magical world

Here, she was not obliged to wait and wish like humans in order for her dreams to come true and her wishes to be realized, but she dreamed as she wished and achieved all those dreams and wishes by her own will

That sunset city in the Islands of Dreams was a dream lurking in the depths of my subconscious, and today it has truly come true Indeed, I have glimpsed the hidden treasures of my soul, and its light has enveloped me, its brilliance dazzling me!

Peace be upon you

Illuminating lamps

We praise and thank God for the gift of each new year and for the hopes and promises of fulfillment it brings us

There is no greater power than sincere, heartfelt supplication to connect with God, to bring about wonderful changes in the lives of individuals and in world conditions, and to achieve peace and human fraternity

We pray to God that sincere individual prayers, lofty perceptions, and growing knowledge will transform into a blessed spiritual force that brings about real change on the ground

Bless us, O Lord, so that we may be guided by Your light and light enlightening lamps on the paths, and so that we may awaken Your love in our hearts and the hearts of others, and carry torches of living light and employ our talents in what pleases You and benefits people

Help us to make ourselves conduits through which Your cosmic energy and guiding light may flow to help others and alleviate their misery and suffering, for thanks to You we have the power to help humanity and ourselves

We are blessed so that we may empathize with those who are suffering

We spread good ideas and intentions throughout the world

May peace and brotherhood become a lived experience

"As in heaven, so on earth"

{Peace is one of the names of God Almighty, which He placed on Earth, so spread it among yourselves}

* * *

One of the students told the teacher Paramhansa that he was finding it difficult to replace his harmful habits with beneficial ones and asked him for advice, so he said:

You must not give up hope for self-improvement

A person only becomes old when they refuse to make the effort to change positively

That stagnant state is, in my estimation, a state of actual "pyramid"

When a person says "I can't change" and repeats it over and over again

I say to him: "Well, since you've decided to be that way, stay where you are"

Whatever a person’s current condition, they can change for the better through self-discipline, proper nutrition, and following health guidelines

Why do you think you are incapable of change? Intellectual stagnation is the hidden cause of weakness Everyone has characteristics that limit their progress These characteristics were not placed in human nature by God, but are of human making These are the flaws you must get rid of, and you can

Remember that a person's habits are nothing more than outward expressions of their inner thoughts

When you make up your mind to change, many forces will come together to support you and reinforce your positive decisions

And with God's help

New Year's Garden

The echoes of the past year, with its sorrows and laughter, have faded away

And here is the echo of the New Year's anthem singing encouragingly, heralding hope, and whispering:

"Recreate your life perfectly"

Abandon the weeds of old fears

From the abandoned garden of the past, he gathered and saved only the seeds of joys, achievements, hopes, good thoughts and deeds, and noble, lofty desires

In the dewy soil of each new day, plant those mighty seeds, water them, and take care of them until they grow and fill your life with the rare benefits of blossoming

The new year whispers:

"Awaken the spirit, captive to habits, and urge it to undertake new, beneficial endeavors Never cease trying, and never rest until you attain eternal freedom and overcome karma (the ever-chasing and pursuing consequences of past actions)"

With a refreshed mind and intoxicated with ever-renewing joy, let us rejoice together and walk hand in hand towards the heavenly house from which we shall never go out again

A success story

I still remember the first time I used willpower to help others

One of my friends and I were just young boys back then One day I said to him:

"We will feed five hundred (poor) people"

He replied in surprise: "But we don't have a single penny!"

I assured him, saying, "The project will go ahead despite that, and I believe the money will come through you"

He replied mockingly, "What a project! This is impossible!"

My sense of certainty prompted me to say: "Do not upset your mother in any way, but do everything she asks of you"

A day later he came running to me and told me:

"I was taking a bath when my mother called me I was about to answer her by saying, 'Don't bother me now while I'm taking a bath,' but instead I asked her what she wanted, and she asked me to go see my aunt who lives near our house, so I said to her: 'I hear and obey'"

"When I went to see my aunt, the first thing she said to me was: 'Who is that crazy boy you're with? Have you lost your mind? What is this project I heard about where you two are going to feed five hundred people?!'"

I got angry with her and said, "I must go now," and started to leave her house But she stopped me, saying, "Your friend may be crazy, but his idea is good Take this twenty-rupee note" (that was a considerable sum at the beginning of the twentieth century)

The boy was so astonished he almost fainted He came running to me immediately and told me

the news When we went to buy rice and some other necessities for the feast, the neighbors had heard about our plan and offered more food In the end, we fed two thousand people (2000)!

The same will charged with the sacred current created the first library it established, the Saraswati Library in Calcutta

When you resolve to do good deeds, you will accomplish them if you employ a dynamic and effective will Whatever the circumstances, if you persist, God will create the means by which you will achieve what you desire

That is the truth to which Jesus Christ referred when he said: “If you have faith and do not doubt… then you can say to this mountain, ‘Move and throw yourself into the sea,’ and it will be done”

[And in the noble hadith: When you call upon God, be resolute in your supplication]

If you consistently use your willpower, no matter the obstacles, you will still be able to achieve success, health, and the strength to help others, and above all, you will achieve harmony with God That is the willpower that must be cultivated: the willpower that dries up oceans of

hesitation and failure to do good and achieve what is hoped for

* * *

Look into the radiant depths of your being, and there you will find unlimited potential for beauty, wisdom, and purity

We ask God Almighty that you welcome the new year with the firm conviction that you have the ability to manifest the higher nature within you

The environment and the results of past actions have enveloped you with specific traits, characteristics, and habits, but these are merely temporary appearances, and beneath them lies your true nature – the noble soul – which has the absolute freedom to choose the advantages and characteristics that you wish to possess and display while performing your roles on the stage of this world

Are there spiritual aspirations stirring within you, throbbing in your hearts, urging you to put them on your agenda for the coming year? If the answer is yes, forget the past, retain the lessons learned from it, and proceed with God's blessing to achieve what you want to achieve

They considered each day a new opportunity to control unfavorable habits and passions, to live in peace, to give love, and to spread optimism and joy in this world

The moment you awaken your will to make positive changes and support it with your actions, unseen cosmic forces from the Merciful Lord begin to bolster your efforts The more you persevere in your resolutions, the greater and more powerful the forces of good will become in your life—this is an unchanging divine law

The first day might be difficult, but the second day might be a little easier, and the third day even easier After a few days, you'll find that success is attainable And those who persevere and continue their efforts for a whole year will find themselves transformed

To those with spiritual aspirations, we say: Let the desire to connect with God be the greatest thing in your lives It is through thinking about God and meditating on Him that we receive the unequivocal assurance that He loves us eternally because we belong to Him, regardless of the misguided steps we may have taken in the wrong direction

When we feel that we are loved unconditionally, doesn't that motivate us to do our best and help us to let go of the past with all its failures and frustrations? When we feel that we are loved and that there is someone who loves us, we feel reassured and our hearts rejoice

Despite all the duties and activities, we must set aside some time to delve into our depths, explore ourselves, and refresh our souls with God’s love and peace

If we love God and work sincerely to please Him every day, nothing will be able to hinder our spiritual progress

Remember that, my friends, and with God's help, you will experience in the new year a happiness you may never have dreamed of before

* * *

With a will charged with determination
With complete confidence in the capabilities of the human soul
With unwavering faith in God

Let's say goodbye to this year and welcome the new year

Despite the changes the world is going through, and the impact those changes have on our lives, if we look beyond the rapidly unfolding daily events with wisdom and insight, we will gain understanding and learn lessons

Each of us has a role to play on the stage of time, where the events of today transform into dreams of the future

Dramatic events and their accompanying circumstances serve a single purpose: to awaken, one by one, the many virtues within us Every experience we undergo reveals a latent strength within us to deal with it wisely and effectively

We have great abilities that God has placed within us, and when they are activated, they become a vital source of blessing in our lives

Even if external circumstances are not always under our control, we can always choose what we want to be within ourselves, where the key to our progress and the progress of humanity lies

Every soul that desires liberation must make a conscious commitment to change for the better, and the most appropriate time is now, when intentions are focused on making decisions and committing to change

Human beings should not be static relics, incapable of psychological and spiritual renewal The heroic qualities within us must be awakened, and the burdens of fear and uncertainty cast off

When a person convinces himself that God loves him and that He is always with him, neither the past will be able to shackle him nor the future to intimidate him

Beyond the spark of human life lies the divine flame
Beyond the ray of human thought shines the greater light of God
Beyond the wave of discerning reason lies a vast ocean of universal knowledge
Beyond human love pulsates divine love that fills the heart and satisfies its longings

The one constant that does not change in a world dominated by fluctuation and change is our relationship with God

Let the ultimate decision be to strengthen that blessed bond and to live in conscious harmony with the most generous giver of life, strength, love, and happiness

So that man may come to know his Creator in the solitude of his soul and his deep contemplation

He should ask himself daily whether he is harmonizing his life with the laws of truth and love, which are the divine laws of the universe

Let us hold fast to the peace of God within us
Let us listen to the voice of conscience
Let's broaden our compassion to include others

With our positive thoughts and harmonious actions, we can strengthen the forces of good that, by the grace of God, can bring about fundamental transformations in this world

* * *

Today a person may assure himself that he will follow a straight path, but tomorrow he may deviate from it and find himself inclined to abandon his positive decisions

Weaknesses in our lives should not be accepted Whoever can remain steadfast in their principles despite all temptations and external influences is on the path to liberation, and whoever takes wisdom as their guiding light will overcome life's illusions, limitations, and obstacles

Wise people retain their wisdom until the end and face life with courage and unwavering faith, no matter what circumstances they must face

Whoever gives up his will, surrenders to his circumstances, and stops making an effort, condemns himself and will be passed over by time

Man is the one who nurtures his correct and incorrect habits, and when he says, "I cannot change," he condemns himself to failure

When a person affirms to himself that he is strong and free despite the attacks of bad habits and negative thoughts, and that he will not stop trying to do better, he opens the way for the forces of good inherent in him to come to his aid and support him

No matter how wrong a person’s actions may be, they must examine their life and make an effort to help themselves and do what is right, and all wrong actions will be changed into good deeds with God’s help

From the archives: Anger and the Elephant's Memory

Those who desire inner peace must understand how anger is generated and often causes dire consequences

Due to the loss of internal balance caused by anger, many people have turned against their will into criminals and bloodthirsty killers

Obstructing desires blinds the mind When the fog of desires takes hold of a person's mind, he loses his senses and behaves in a manner unbecoming of a noble human being

Loss of reason confuses the innate discernment that is the driving force behind all sound action and good intention

When the steering wheel of a person's mental vehicle malfunctions, they will inevitably have an

accident and may find themselves in a trench of pain and misery

For example: The husband is driving happily, and on the way to the park, his wife asks him to change direction to go to her parents' house instead of the park, and here his happiness turns into anger

I chose this example because it is a common occurrence In normal cases, the result is either the husband rejecting his wife's request or agreeing with resentment and displeasure, and this is what generally happens In both cases, anger takes over, the atmosphere becomes tense, and the peace is disturbed

In some cases, anger can turn into a tragedy for those with a violent temper Anger may affect memory, or the driver may forget to drive carefully and attentively, or may neglect to observe traffic signals, resulting in a collision or, God forbid, death

In conclusion, anger locks the steering wheel of the will in the chariot of life and prevents it from reaching its material and spiritual goals

elephant memory

The faculty called "memory" is a gift from God to humankind, and what a great blessing it is! Memory is also granted to animals; without it, they would be unable to recognize their young Some animals possess excellent memories, as the following story about an elephant illustrates

While a huge elephant was transporting timber, as many trained elephants do in the East, a boy approached it, pricked it with a needle on its trunk, and ran away

A year passed after that incident, and the same elephant encountered the same boy on the road It was a relatively opportune moment for the elephant to exact its revenge So, it wrapped its trunk around the boy and violently flung him to the other side of the road Thus, animals do have memories

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I have had many dreams, and now I am awake and on the altar of my soul I light candles of my constant remembrance of you, my God

With my eyes, whose lids have left the slumber of sleep, I gaze upon your beautiful face and relish seeing its sacred lights

And by your grace I have come to understand that health and sickness

Life and death

They are all types of dreams

I have finished reading the novel "Dreams Painted in Bright Colors"
On the curtain of glittering illusions

And now I see you as the only truth in existence

Keeping the channels open

Most people do not think seriously about God until they face serious problems, and then they expect Him to intervene and save them from their predicament

One of the enlightened ones said: “If you do not invite God to be your guest in the summer of

your life, He will not come to you in the winter of your life”

This does not mean that God does not want to help us He wants to extend a helping hand and deliver us from our suffering However, when we live for many years in a way that contradicts His laws, and do not communicate with Him in contemplation, the mind becomes burdened with a pile of illusions, and the channels of communication with God become blocked by fear, selfish desires, mood swings, fits of anger, blind stubbornness, bad habits, and negativity Thus, there is no longer an open channel through which divine help can flow to us

If we fail to prepare our thoughts and keep the channels open, we will not be able to face - and overcome - the problems that are bound to cross each of our paths during our life's journey

It is said that a man who loved God found Him by uttering His blessed name with deep concentration and profound love, regardless of what he was doing He began this practice as a child and maintained it so diligently that he would even utter God's name in his sleep

As he grew older, he would cross dense forests teeming with ferocious tigers, cobras, scorpions,

and poisonous insects, wearing nothing but a piece of cloth and sandals

People were amazed by his boldness and would ask him in astonishment: "Have you never been harmed by those ferocious beasts and harmful insects?" He would reply:

"Absolutely, I have never been harmed, because I always carry God's name with me and that is my protection"

We can also recognize that God's protection encompasses us He is always present to alleviate our misfortunes and help us overcome our problems, but we must keep ourselves receptive to His blessings, by thinking of Him, praying to Him, and communing with Him in our hearts while performing our duties

If we do that, we can withstand hurricanes, and intractable problems and critical crises will not be able to defeat us or break our resolve

spiritual pride

Humility is the greatest advantage on the spiritual path, and cultivating humility accelerates and protects self-growth

Humility should be the foundation upon which the seeker builds his spiritual life if he wishes to reach his goal, which is to be in harmony with God and to feel His presence

The world encourages boasting about achievements, possessions, and positions, and striving to gain the approval and admiration of others, but the seeker must shift his attention from the small self, the "ego," to the higher self

True humility means knowing with certainty that God is all in all, and getting rid of the ambition to satisfy the ego by developing a greater ambition to gain God's favor

It is also about giving up selfishness by cultivating divine love and turning to God, who is the source of everything we seek and strive to reach or obtain

Spiritual pride is a transparent temptation, and the seeker must be wary of this affliction because it obscures any perception of God or possibility of communicating with Him

Unless the disciple strives sincerely to acquire humility, he will be prone to falling into the traps of illusion and the snares of vanity

In fact, a person may overcome many weaknesses and make great progress along the way, yet he may fall due to the temptation of pride

The Lord of the Universe and Examiner of Consciences knows what is inside hearts, and those who boast of their spirituality will lose it

Those who take pride in their spiritual experiences become tainted with self-importance, or in other words, they begin to think of themselves as special, and may lose the blessings they have received

He whose self-pride overwhelms the divine blessings within him misuses spiritual gifts, and then God gives a lesson in humility to that disciple by withdrawing His blessings from him until he obtains spiritual understanding and corrects his course But He does this out of love, because when the disciple’s heart opens to God with all humility, realizing that he depends entirely on God, then he obtains a full measure of divine grace

When the disciple’s life becomes filled with humility, the fragrance of humility attracts divine care, blessings descend upon the disciple, and his life is filled with peace and love

Human nature

Thought is unlimited, as whatever your field of study or specialization, once you put your mind to that material, it will go indefinitely in that direction There is also no end to the wisdom or information that you can use and benefit from

Do you know, my friends, that each of you interprets these words in a slightly different way than others? The reason is that the thinking process differs from one person to another

Because each person is unique in their nature and way of thinking, their reactions and responses in any situation differ from those of anyone else Their inner nature is the sum of their thoughts, feelings, responses, and motivations—and these, in

turn, determine the nature of their magnetism, or the power of attraction they possess

Magnetism is the greatest force by which you can attract friends, friendly sympathy, and goodwill

We all want to be noticed and taken into consideration; no one wants to be ignored or forgotten Even children deliberately act in certain ways to try and attract attention

We also want to be loved and appreciated by others But how many of us give others the same understanding and consideration we think we deserve from them?

We are extremely sympathetic to ourselves and forgiving of our own shortcomings, while we are fully prepared to criticize and condemn the wrongdoings of others

Can we stand before others and tell them all about our flaws since childhood? The answer is no

But unless we learn good behavior, we cannot show others how to behave well

We have no right to be intolerant of the weaknesses of others if we ourselves suffer from them

The world is full of people who want to fix others but not themselves Unless we engage in constructive self-assessment, the days and years will pass without us changing

What we need is self-reform, because when we reform ourselves we will be able to reform thousands through our good example

Indeed, actions speak louder than words

* * *

Spiritual inspirations are constantly renewed and bring with them peace and joy

Spiritual awareness begins as a gentle breeze and then grows stronger until it becomes a blessed wind that sweeps away the debris of ignorance, the rubble of evil, and the heaps of selfishness

There are encouraging signs emerging in the desire of a growing number of Enlightenment

enthusiasts to rise to a global level of harmony and spiritual understanding

To the extent that we are in harmony with the waves of peace, we become more aware of our spiritual nature and our connection to our divine source

Divine love purifies thoughts
It clears the emotions
And they awaken consciousness

Divine wisdom is profound, simple, and sublime, and whoever is in harmony with it possesses an inner compass that shows him the right direction so that he does not go astray

Divine wisdom and divine love are as close as our thoughts allow them to be to us

Just as a single electric generator supplies the city lights with electrical power, so those who are in harmony with God receive luminous energy that helps them to dispel the darkness in their souls and around them

Those who truly love God and align their lives with the laws of the universe experience an abundance of strength, peace, and blessing

We ask God Almighty to shower us with blessings and supreme inspirations

And may He fill our resolve with the energy and ability to work productively and serve selflessly

And that we live in constant remembrance of Him the source of all goodness, grace, and existence

From the archives: The story of the wishing tree

Long ago, a hermit named Harry lived in Hindustan and spent many years wandering in the Himalayas in search of a rare tree called the Wish Tree

Legend says that these wondrous trees are found only by hermits as a reward for their asceticism and rigorous practice of spiritual disciplines It is said that these trees have the power to grant the wishes and desires of anyone who sits beneath their branches

The hermit Harry felt deep down that he deserved to find that tree thanks to his long practice of various austerities, his voluntary taste of hardship, and his commitment to the strict discipline he had set for himself

But despite all these spiritual pursuits, there were lessons he had yet to learn While he did desire divine knowledge, he also harbored other, lesser desires

Among those desires was the longing to find the Wishing Tree The rugged mountain paths had worn down his bare feet in his relentless search for the object of his heart's desire and the fulfillment of his deepest longings His inner feeling constantly assured him that his wish would be granted, and that the tree awaited him as a natural reward for his spiritual efforts, which surpassed the capacity and endurance of an ordinary person

Our friend was right in his intuition In one of the valleys in the Himalayas, he found a broad-leaved tree which, thanks to his spiritual insight, he immediately recognized as the treasure he had long sought and yearned to find

Immediately and with great eagerness, he approached the welcoming branches of the tree and sat beneath it To experience the extraordinary

powers of this unique tree, Harry closed his eyes and said to himself, "If this is the Tree of Wishes, then let it materialize as a mighty fortress for me!"

No sooner had the thought passed through his mind than a magnificent palace appeared beside the tree, surrounded by lush gardens filled with fresh roses, fragrant basil, and towering trees

Harry rejoiced at this miracle and was filled with the elation of having his dearest wish granted, for he had finally found the Wishing Tree he had so long sought He did not wait long before expressing his next wish, saying: "I wish to see around me a choir of beautiful maidens serving me the finest and most delicious foods on golden platters and pouring me drinks sweeter than any silver jugs into goblets that shine like gleaming gold"

In the blink of an eye, his wish was fulfilled, for he found before him a table laden with all manner of delicious things served on golden plates, and beautiful maidens offering him a variety of food and drink befitting kings and princes

After enjoying the lavish and extravagant banquet, our friend began to inspect his new residence He ascended the polished marble staircase and strolled through the jewel-encrusted chambers of dazzling brilliance

Finally, our fortunate hermit grew tired of walking and sought peace and rest in one of the ground-floor rooms The low windows of that room were shaded by the long branches of the glorious Wishing Tree

As he lay down on a bed near the window, he noticed that the thick branches of the wishing tree blocked the light, and he felt lonely and fear crept into his heart The silence was broken only by a few sounds, which he wondered were coming from the garden or from the wild animals of the forest that roamed freely beyond the palace walls

He said to himself: What if one of the forest tigers manages to enter through the window? In that case, it will devour me and it will be the end for me

No sooner had that thought of fear crossed his mind than a ferocious tiger pounced from the window, seized the terrified hermit, and took him away to devour him—a terrible fate indeed

Unfortunately, Harry didn't realize that the Wishing Tree didn't distinguish between good and evil thoughts Its purpose was simply to grant the wishes of those who harbored them Indeed, the

Wishing Tree perfectly embodied the hermit Harry's powerful mental image, and that was his final thought

Every person lives under the tree of their wishes, which fulfills all their desires That tree is willpower Human willpower, which is a reflection of divine will, possesses in its essence the power to realize a person's hopes and wishes

But whoever does not know how to control his wishes, desires, and thoughts should thank his Lord a thousand times because his undisciplined thoughts do not come true immediately, otherwise the wild desires would cause an automatic embodiment of predatory, ravenous tigers that tear apart the tranquility of the soul, crush the bone of happiness, and turn the oasis of spiritual peace into a barren wasteland

This is a good lesson to focus one's thoughts on positive and good things while sitting under the branches of the Wishing Tree, which is nothing but the strong will and mighty intellect of man

A person should beware of focusing on, and constantly thinking about, fear, failure, illness, and ignorance, lest these negatives emerge like monsters from the darkness of the unknown and

create serious problems that are difficult to deal with or control

Negative thoughts only bring harm to the person who harbors them; let them be replaced with positive thoughts if one desires good for oneself and others And success comes from God

* * *

In addition to material gifts, God gives us faith and spiritual understanding

And to those who turn to Him and trust in Him, He grants the highest divine consciousness

Blessed gifts are those that touch hearts, change hardened natures, awaken souls from spiritual negligence, and encourage acquaintance and harmony among the members of the one human family

Those who know God not only teach through their wise words and perfect example, but also bestow upon us pure and unconditional divine love In the light of that love, we gain a new vision of our higher potential

God’s chosen ones come into this world to give us knowledge of His grace, and to show us the inner light that takes us by the hand and leads us to the heavenly home, so that our hearts may be freed from all kinds of despair and worldly darkness, and they encourage us, assuring us that we have a share in the divine inheritance and that we can communicate with cosmic consciousness

As man becomes in harmony with his Creator, his sins crumble, his weaknesses are transformed into strengths, and he realizes that his soul is pure in its essence and close to God

When the ever-radiant divine light shines upon the one who desires it, he realizes that the divine essence exists within himself and in others as well, despite the thick veils that prevent its shining in souls subject to the grip of illusion

We ask God Almighty to grant us the gift of gifts: the feeling within our consciousness of supreme peace, supreme love, and indescribable joy

All we have to do is turn with love and confidence to the universal heart whose love has no end and whose giving has no limit

God wants to bless us and give us from His bounty, but we must open our hearts, unleash our longings, and make ourselves receptive to His abundant grace

When we call upon God with all our hearts, all obstacles such as anxiety, doubts, and fears are removed, and we feel close to God and His closeness to us

We wish everyone goodness and blessings

Peace be upon you, our friends

Be my eternal guest

O Lord, guide my steps on the straight paths
And move my hands in acts of kindness

Bless my eyes, that they may see what I ought to see
Let your inspiration flow through my words
And shower your kindness upon others with my sweet and gentle words

May your fragrance emanate from the flower of my soul

And to draw souls to the temple of your presence

May your touch bless my heart
Perhaps he will fail to get along and be in harmony with everyone

Work through my ideas
May I bring others to the fountain of your peace

Be my eternal guest
And dwell in the temple of my serenity and joy

I will never forget you, Lord
I will not walk the paths of life without you

I was lost on the paths of time
You showed me the way and brought me back to you

Grant me overwhelming emotional longings
And in the echo of living devotion to you
Let me hear your blessed voice

* * *

The teacher said, encouraging one of the students:

Stumbling and falling into the wrong traps is only a temporary weakness

Do not think that you are lost in the mazes of life and will not be able to find the way again The same ground on which you fall can be used as support and a foundation to get up again, if you learn from your experiences

If you identify specific mistakes in your life and decide not to repeat them, even if you fall again, the impact of that fall will be much less than if you did not try at all

We should not expect to succeed in all our attempts

Some of our attempts may fail, but other attempts will be successful

Know that success and failure are intertwined; neither can exist independently of the other Therefore, we should not become arrogant or conceited if we achieve great success, nor should

we become discouraged or disheartened if we experience failure

* * *

It is said that a famous professor lived most of his life in poor health Before reaching the age of forty, he had suffered two nervous breakdowns and developed a serious heart condition

It was very difficult for him to continue his work, and his condition worsened with the passing days until he was suffering from extreme difficulty in walking and giving lessons, as the slightest physical movement caused him excruciating pain and a feeling of suffocation

Finally – may your lives be long – his doctors told him that his days were numbered, and the doctors' diagnosis increased his feeling of helplessness and despair

Shortly after that, he attended an inspirational spiritual retreat that made him see things from a new perspective, and he felt close to God

That afternoon he went for a walk and entered a pine forest and sat on a tree trunk to rest, and

found himself praying with all his being, asking God from the depths of his heart to heal him and free him from his physical disability

Then he asked God to come to him, take over his life, and correct his physical condition

He said in this regard: “There in the forest, I had a connection with God, and I felt that every cell in my body was trembling with the divine presence”

A few days later, he managed to climb a mountain, an activity he had never been able to do before He said in this regard: "When I reached the top of the mountain, the feelings of fear and weakness left me and I never felt them again Since then, I have felt that a new heart is beating in my chest"

And that is what actually happened, as he became known for his vitality, energy, and prolific literary output, and lived for nearly forty years after that diagnosis from his doctors

Often, when we find ourselves compelled to change our ways of thinking and acting—whether out of necessity or pain—we are forced to surrender to God and begin anew The creative

process then begins, and the life force flows unhindered into our thoughts and bodies For this reason, true spiritual transformation occurs during critical psychological or physical suffering

There is a supplication called the "Prayer of Abandonment" in which the supplicant says:

"O Lord, at this moment I am facing this problem, but the outcome is in your hands, my beloved God It is your command, and I will accept your will and be content with what you want for me"

Naturally, it is difficult for many to pray sincerely in this way, as it means giving up self-will and the desires of the "ego," and this is one of the hardest things for a person Whoever is able to do this demonstrates complete trust in God

But this doesn't mean we should become passive and dependent, expecting God to solve all our problems without any effort on our part "And say, 'Work!'" because faith without action is lifeless

If a person sits in a room, locks the door, and keeps assuring himself that God will make him rich without him doing anything more, God will not

answer his prayer, because he has to work to get rich or anything else”

Blind faith devoid of "work" or spiritual effort extinguishes the light of reason, but if a person uses his mind, takes logical actions, and engages in constructive activities, he will receive divine care and obtain a divine response

* * *

True friendship is greater than any wealth in this world

Those who possess love in their hearts will truly know others

It is exactly as if he were looking through a clear glass bottle and seeing what was inside

Knowing others in this way comes from loving God and loving others with that love

* * *

In the picture: Master Paramhansa with some of his Native American friends who valued his friendship, sought to communicate with him, and enjoyed meeting him

We often find ourselves trapped in circumstances we seem powerless to change We try everything we can think of, including sincerely praying to God to change our situation in a way we believe is best for us Despite this, what we long for —whether financial assistance, health, or anything else—may not come to pass, leaving us feeling despair and disappointment

But when we are unable to connect with the divine power within us, it is because we do not understand the meaning of surrender

A wise man once advised that all problems could be solved through meditation, but most people don't realize that meditation isn't about trying to grasp God or obtain anything else from Him We must first recognize our connection to God and let go of the petty ego or "ego" that stands as a stumbling block in our lives and limits the flow of divine power to us

There is a story about a woman who remained disabled and ill for eight years, constantly praying to God to heal her so she could resume her work Finally, frustrated by what seemed to be her futile attempts, she resigned herself to God's will, praying as follows:

"I place my life in your hands, O Lord If you want me to remain crippled and disabled, that is your business, but I want more from you than health, and the matter is yours in what you want and do"

Within two weeks she had fully recovered and left her sickbed

This may seem paradoxical, but the core idea is that we often try to ask God to do our will instead of submitting to His Supplications stemming from self-interest and selfish desires block the channels of prayer Surely, God helps those who help themselves, and the more we train our will to align with the divine will, the more blessed power we bring into our lives

But sometimes our will is not guided by wisdom, yet we insist on obtaining something that is not in our best interest, and God does not intervene to change our circumstances

Our own resources may sometimes be sufficient to cope with our circumstances, but later we face serious challenges beyond our control, leaving us in a predicament However, if we can set aside our ego and pray sincerely and earnestly,

"Your will be done, Lord, and not mine," we open our hearts to the flow of guidance, and divine power and abundant blessings pour forth upon us

Despite doing all we can to solve our problems, we must realize that human power is limited and that we must open ourselves to the unlimited power of God, but it seems that many must suffer complete helplessness before they realize this truth

There is a hymn that says: "When I get stuck, you come to set me free"

And that is God’s way of teaching us that ultimately He alone is able to change difficult circumstances and solve intractable problems

* * *

Although God listens to all our prayers (so that He may visit us)
But he doesn't always respond

Our situation is like that of a small child calling for his mother
But the mother sees no need to come to him

So she sends him a toy to keep him occupied and quiet

But when a child refuses to be comforted by anything else
Only the mother herself comes to him

Similarly, whoever wants to get to know God
It should be like a child
The one who is not satisfied with the presence of the mother as a substitute

magnetic development

A person can develop the magnetism of their choice, whether to attract the supreme power of God, to acquire mental powers, or to attract the necessities of daily life

God has given humankind a body, and we must care for it Those who cultivate and use their physical magnetism solely for material possessions and mental strength will ultimately be deceived However, those who cultivate their spiritual magnetism will find that blessed power attending to their needs and fulfilling all their material desires

There is a universal law that works effectively, and I have experienced it in my life and confirmed that it works

It is essential for a person to have a strong, healthy body that responds to the mind's commands Imagine a sluggish, unmotivated person going to work without ambition or energy then imagine a horse ready to gallop on the racetrack as soon as it receives the signal to start That is how the body should be

Sometimes we notice some elderly people who are in good health and have the energy of youth
Their bodies look youthful and full of magnetism, and despite their age, they have attractive personalities

Slouching and slouching drains energy Observe how people sit in their seats; some appear slumped and sleepy, so much so that the moment you see them, you feel tired Others sit upright, and you know they have a vibrant presence; the moment you look at them, you connect with them

Whoever allows himself to sit slouching and carelessly contributes to the curvature and bending of his spine through incorrect posture This type of sitting also affects the psychological state and makes the thinking negative

Those who sit upright and with good posture are more positive and optimistic Those who, due to special circumstances, cannot sit upright can compensate for this with their optimism, positive outlook, and strong mental presence

Always focus your mind on whatever you're doing, no matter how small or insignificant it may seem, while simultaneously keeping your mind flexible so you can shift to another interest if necessary But above all, do everything with complete concentration, as this will greatly enhance your charisma

Most successful business people in any field know very well how to use magnetic power

Self-control gives one a magnetic edge, as well as the ability to have a balanced mind unaffected by emotions and passions

Emotional fervor must be transformed into strength, into mental activity, and wisdom must control emotions in order for magnetism to emerge

Intelligence combined with emotion creates magnetism A person with magnetism speaks with confidence

He speaks rationally, but his words are laced with emotion We must be sincere in everything we say and do, but sincerity doesn't mean upsetting or embarrassing others

Vegetables and fruits have magnetic properties, especially fruits, as they do not hinder or impede the digestive process, while excessive consumption of proteins and starches helps to deposit toxins in the body

Any diseased organ will create an imbalance in the body The stomach, in particular, must be kept healthy and sound; for example, gas in the stomach causes discomfort and thus negatively affects magnetism

Consuming large quantities of food has undesirable consequences, while fasting helps to reveal one's magnetism, as does skipping some meals from time to time, but this does not mean starving oneself to the point of harming one's health

Those who eat meat three times a day have weak eyesight and little magnetism However, proper nutrition alone is not enough; the need is for sound thinking, noble behavior, and walking uprightly on the paths of life

* * *

If you always trust

Complete trust, beyond any doubt

That God's power is working within you

Behind your thoughts, prayers, and convictions

To give you unlimited power

To cope with all life circumstances

And if you believe that God is with you

His care accompanies your every step

You will always feel its blessings

And sense his presence

In every aspect of your life

* * *

God is love, and His plan for creation could not have originated from, or been rooted in, anything other than love Does not that simple idea give the human heart more comfort and hope than any other logic?

All the knowledgeable people who have penetrated to the core of the truth have testified to the existence of a universal divine plan, and that it is beautiful and full of pleasures

God created us as angels of energy, enveloped in currents of life, flowing through the physical lamps

But because of our focus on the fragility and weakness of the physical lamp, we have forgotten how to feel the eternal and imperishable properties of the eternal life energy that exists within the lamp, which is subject to fluctuation and change

When you transcend the consciousness of this world,

Realizing that you are neither the body nor the mind

However, you remain aware of your presence

Your true nature is that pure, unfettered consciousness

The one who contains everything in the universe

Divine love purifies all material desires and transforms them into noble ambitions and lofty aspirations, and heals the heart from the pains often caused by relationships not based on firm foundations of unwavering love, certain understanding and mutual respect, or caused by the death of a loved one

When we love God completely, we cannot be satisfied with any other love unless it is part of that greater love, and in that divine love we will find the love of all hearts because God is the source of love in the universe

Everything that the world gives you and then takes away from you, leaving you in sorrow, pain, or frustration, you will find in God in a much greater measure and without the consequences of disappointment and grief

I cast the net of my longings
In the vast sea of my thoughts

It often slipped my mind
O Divine Love
Oh, precious prey!
However, I continue diving
In the depths of peace

And without ceasing, I cast the net of my love towards you
One after the other
I must catch you one day in
My endless longing for you is a network

I throw this net of love of mine everywhere
Above the turbulent waves of life
And about the twinkling stars
And in the depths of good souls

All I know is that I'm a hunter
And I will continue trying to catch you
O dearest wish and greatest treasure in existence!

* * *

Ordinary spiritual healers or priests have no power to forgive sins or free sinners who come to them seeking advice; all they can do is give them spiritual prescriptions, nothing more

Those who know God have reached very advanced spiritual stages, such that they are not content with merely offering spiritual advice to sinners, but they can – by the grace and help of God – charge them with the spiritual power that

liberates them from the consequences of their sinful deeds

All good and evil deeds are latent in brain cells and appear as good or evil habits or tendencies in thought

A person who suffers from unhealthy habits due to his brain cells being charged with the power of those habits can free himself through willpower, meditation, sincere prayer, and continuous positive affirmation until all his undesirable habits are transformed into good habits of peace and tranquility

This happens when the rightly directed life force works to change the abnormal nature of brain cells so that those cells become full of everything that is good, righteous, and beautiful

This means that brain cells filled with false ideas are burned by vital activity when it is strongly gathered in the brain and used for noble and beneficial purposes

A person strongly attached to their physical body keeps their vital activity engaged with their muscles and senses, but someone with contemplative spiritual tendencies keeps their

muscles and body in a state of active relaxation, and their mind away from the senses, so that the life force ceases to remain in the nervous system and accumulates in the brain

For this reason, meditation is the most effective way to spiritualize brain cells and eradicate the roots of any unwanted habit from the mind

Habit is power, and people misuse that power by committing evil deeds instead of employing it in good deeds

Ignorance, lack of deliberation, failure to choose good company, and neglect of good deeds often lead a person into the traps and snares of bad habits, which are like quicksand that swallows the person walking on it against his will

The influence of companionship is stronger than willpower and sound judgment:

(Do not befriend a mean person, for a mean person may corrupt your character)

Wise people act nobly without effort, while those who love harm seem to be compelled to do

harmful and hateful acts by the force of habit that compels them to commit sin and evil

We ask God Almighty to inspire us with good thoughts
So that we may see goodness and beauty
We distinguish between what is beneficial and what is harmful
And so that we may turn to him
And we hope for it
Source of all good
And the source of all goodness

* * *

Behind the shadows of this life lies the amazing and wondrous light of God

The entire universe is a vast temple for His blessed presence

When we think about God in a serious and deep way
And we love him with an overwhelming love
We trust him absolutely
Countless doors open up before us

And when we see His light

And we sense his presence
Not all of life's terrible, horrific events can
To rob us of peace and tranquility
Those things that make us feel close to God

* * *

In life and in death
In disease and famine
Or poverty and misery
And in the vicissitudes, turmoil, and upheaval of the world
I seek refuge in You, O Lord, always

What is love?
Love is the fragrance of blooming lilies
And the chorus of silent roses
Celebrating the beauty of nature

Love is a song of the soul singing for life
And the balanced rhythmic dance of the planets
In its perpetual journey into deep space

It is the thirst of flowers to sip sunlight
And it flourishes and is nourished by the elixir of life

It is the longing of the earth
To nourish the thirsty roots with its milk
And to nourish the living creatures with the essence of life

It is the mighty will of the sun
To keep all creatures active
It is the driving force of life
To provide protection and care for minors

It is the smile of innocence that evokes parental affection for the infant
It is the spontaneous submission in the hearts of lovers
To provide service and condolences free of charge

It's the pulse of friendship
The one who mends broken hearts and heals wounds
It is a call of the heart that defies description

He is a poet overflowing with love for humanity
The one who suffers from her misery

It is the circle of intimacy between members of the same family

Constantly expanding and widening towards larger spaces
And broader fields

It is the whisper of life
In the horizons of open minds
And the sky of hearts studded with the stars of noble feelings

Love is the bliss of the soul
That which loving souls aspire to
And she longs to reach him and communicate with him

* * *

Death – may your lives be long – is not the end, but a temporary release granted to man when the universal law of justice decides that his current body and environment have served their purpose, or when he becomes so depressed, exhausted, or suffering that he can no longer bear the burdens of earthly existence

For those who are suffering, death is a resurrection or a release from the painful torments of the body to an awakening of peace, tranquility, and rest

For the elderly, it is a retirement they have earned through years of struggle and hard work in the thick of life

For all good souls, it is a welcome respite

It is time for humanity to activate the powers within itself that reveal truths Happiness is linked to this revelation, and those who wish to reach those inner horizons must exert purposeful effort and nourish their minds with creative ideas to touch the truths God has placed within them and benefit from the blessed powers that abound in their being

Who desires to satisfy the physical senses without tasting the nectar of spiritual happiness?

He invests from the divine spring, the source of all satisfaction and pleasure, in a losing way, so his trade fails and his intellectual output is meager

Those who wish to know God will have their wish granted by God because He is generous and benevolent However, most people run after worldly desires, consoling themselves with material happiness that does not last, and they suffer because of not achieving it or because of achieving it!

Even those who are financially successful will eventually feel an emptiness in their lives that is difficult to fill Those who connect their lives to God, however, are rich, powerful, and enjoy contentment and prosperity

Disregarding the dictates of wisdom and ignoring the voice of conscience leads to crooked, slippery, perilous, and miserable paths, while following the path of righteousness leads to liberation from shackles and the acquisition of the power to do what is right, not what is dictated by misguided instincts and misleading habits

Those seeking happiness can benefit from the experience of wise people who have dealt with life's dilemmas and found solutions to them

Indeed, whoever aligns with divine purposes swims in a sea of contentment and tranquility, and he is truly fortunate

* * *

Every thought we have creates a specific vibration

When you think of God with your whole being, mind, and limbs - and whisper "O Lord" repeatedly within yourself, you create a powerful vibration that brings the divine presence into your life

When we realize that God is our eternal beloved and our constant friend, and that His love for us is greater than any other love, then we feel His closeness and touch His presence, and our hearts are reassured and we feel supreme spiritual peace

When you meditate on God and feel increasing throbs of joy in your heart and throughout your body, and bursts of that joy come to you from time to time, know that God has answered the longings of your heart and that the feelings of bliss you are experiencing are proof of that blessed response

Habits are automatic psychological tools and mechanisms that help in accomplishing necessary tasks easily and effortlessly

Many allow the habits of weakness and failure to enslave them, and a person can protect himself if he lives differently, provided that he is serious about fighting harmful habits until he reaches safety and the shores of victory

Unbridled desires encourage unhealthy habits by feeding and justifying them with false hopes and promises of illusory happiness and fleeting satisfaction

In those moments moments of weakness and confusion the person who wishes to overcome unruly habits must summon their discerning powers in order to understand their true nature and deal with them effectively

Bad habits have dire consequences and bitter, poisonous fruits

These destructive habits, if left unchecked, will grow stronger, keeping the person in their firm grip and overwhelming influence

Once the mind is convinced of the futility and harm of those habits, their influence diminishes and they eventually disappear from human life

That's how we think, that's who we are

The familiar tendencies of our thoughts determine the nature of our talents, abilities, and personality

Some people think they are writers, artists, hardworking individuals, or lazy, idle people, and so on But what if you wanted to be someone other than who you are now?

You might argue that some people are born with special talents that you lack but wish you possessed That's true But they have worked on developing those abilities or the desire to possess them beforehand If not in this life, then in a previous one

Therefore, you should start now working on outlining what you want to be

You can instill and establish any orientation in your consciousness right now, provided that you pump a strong idea into your mind, and then your actions will comply and your entire being will respond to that idea and act accordingly

* * *

Spiritual consciousness is born in the cradle of love, which is immeasurably greater than the destructive power of hatred

Whatever we say or do towards others should be motivated by love

We must not harm or condemn others, but rather love them and share with them the blessings that God bestows upon us

The things we own are not really ours; they are given to us to use temporarily, and will be taken from us when we leave this world

We must rise above possessiveness and give what we can; then we will automatically bring goodness and blessings to ourselves To give, it is given

Many times I did not have a single penny, but I relied on the divine bank, and holy prosperity accompanied me and divine power supported me

My absolute faith in God and His help is my ultimate guarantee in life, for He has never let me down or disappointed me

When you possess spiritual awareness, wherever you go, and whatever your need, the universal law will work to fulfill it for you

Observing creation with seeing eyes

Master Paramhansa Yogananda

Translation: Mahmoud Abbas Masoud

How truly wondrous is this universe! In it, God depicts and embodies the marvels of His creation Human beings should not walk like the dead in this world, but rather contemplate, analyze what they see, and appreciate what God and His vicegerent, humanity, have done on this earth How precise is the cosmic structure! The way we were created and the organized system by which the machinery of creation operates, according to a cosmic law, are the epitome of precision and perfection (the work of God, who perfected all things)

We all see flowers and enjoy their beauty and delicacy, but who has the ability to know the secret of the existence of flowers? A person must think and contemplate the means and materials that make up everything he sees every day, whether it is a book, a musical instrument, a house, or a tree

Cars, for example, are often taken for granted But if you were to visit the factories where they are assembled and produced, you would realize how complex and intricate their design is Consider also what goes into making daily newspapers and the machines that print them No human hand could work at such speed

If things made by humans are this complex and interconnected, what about the infinite

complexity of the formation of plants, animals, and humans!

Ten years are needed to study medical science in order to understand the composition and requirements of the body, which seems like a normal thing

When a plant is in its early growth stage in water within a glass container, its roots resemble fine hairs However, when planted, the energy imbued with divine intelligence and present in the roots allows the plant to absorb the nutrients necessary for its growth from the soil and water

Isn't it truly astonishing that the sap nourishing the leaves of a plant flows upwards against gravity? By peeling back the bark from a plant stem or tree trunk, one can see the intricate workings of the tubes that regulate the flow of that sap The driving force behind this process of nourishment and growth is a mystery called life itself

When I am in divine consciousness, I perceive life even in the fibers of grass I never dreamed I would be able to behold the hidden wonders of creation To contemplate these marvels is to stand in awe and reverence before the majesty and glory of God

(And I walked with the gait of a humble and submissive person)

(God is neither proud nor arrogant)

With exquisite precision, divine will has ordained the form of every living being, along with all the necessary requirements for its sustenance, maintenance, and preservation in good condition and capable of performing its functions If any deficiency were to occur in these nutritional requirements, for example, plants, animals, and humans would suffer as a result

The average person obtains all the various chemical elements the body needs from their food However, many people disregard nutritional guidelines, consuming diets that lack all the necessary elements or the essential nutritional balance for good health Inadequate nutrition is a major cause of many human diseases Nutritional deficiencies have an almost immediately noticeable effect on a plant whose diet has been deprived of certain essential chemical components

There is a vital exchange between humans and all living things The mutual exchange between humans and animals is well known Humans breathe oxygen and exhale carbon dioxide, while trees absorb and store carbon dioxide and water, which are broken down by photosynthesis to form carbohydrates (compounds of carbon, oxygen, and hydrogen, such as starches and sugars)

In this process, trees release oxygen essential for humans Photosynthesis ceases at night because it relies on sunlight However, through another process called respiration, trees constantly release carbon dioxide into the atmosphere,

especially at night when there is no counteracting effect from photosynthesis, which absorbs carbon and produces oxygen

At night the air is generally calm, and heavy carbon dioxide settles near the ground This is partly why the habit of sleeping on beds, that is, above ground level, developed

Science has revealed to us many of the complex mechanisms of this universe—the elements from which we are all made But there is still a vast amount of knowledge yet to be uncovered If we cultivated the latent powers of our senses, we could gain a deeper and richer understanding There are things we should see with our eyes, but we don't Things we should hear with our ears, but we don't because our senses are accustomed to and dependent on the experiences of the dense, limited physical world

Liberation from that attachment is not a denial of sensual pleasures, but rather an expansion of the scope of our sensual abilities—given to us by God—to their fullest spiritual potential

On a physical level, humankind has discovered various ways to enhance its visual capabilities The naked eye receives only limited impressions of color; however, some light brown rocks exhibit shimmering hues under ultraviolet light When this light is blocked, the rocks revert to their original dark color Many colors in the physical world, such as the blue of the sky, are optical illusions created

by the reflection of light off different types of matter particles Since the eye can only perceive a limited range of vibrations that constitute everything in the universe, humans cannot see the subtle, ethereal spectra hidden in all that surrounds them If we were to see them, we would marvel at their splendor and beauty Even the most vibrant earthly colors appear dull and dull compared to the magnificent colors of the planetary or ethereal realm

Thus, neither the eye nor the ear can perceive all that can be perceived Humans are incapable of inhaling the ethereal, fragrant scents or witnessing the countless subtle shapes, images, and delicate impressions rippling through the vastness of the ether

Humans are often unable to perceive even things within their own senses People with sight appreciate beauty everywhere Others act as if they have no eyes; they neither see nor understand —"deaf, blind, and dumb, so they do not comprehend"—because they are incapable of perceiving anything, even in beautiful places

When I visited Mexico and saw the "floating gardens" of Lake Zuquemilco, their beauty filled my heart, and I felt the magnificence and grandeur of the divine artist There was another person who seemed absorbed in those natural wonders, but an inner feeling suggested to me that he wasn't seeing what I was seeing I asked him about his impression of those delightful views, and he

replied, "I was thinking about an efficient way to drain the water in order to cultivate more land"

As an engineer, he viewed the lake from his own perspective Thus, we all perceive things according to our own ideas and biases

Every soul is enveloped in different vibrations of sensations, thoughts, and feelings—all the factors that contribute to the formation of a person's character or consciousness Each individual has a unique composition, a different vibration Everything a person has done since childhood remains stored in the brain as compressed capsules of tendencies and inclinations Since we cannot see these invisible capsules, we are astonished by people's actions, each according to their own whims Some are easily swayed by joy for no reason, or become angry and moody in ways that defy explanation, even from themselves Others are constantly preoccupied with criticism, creating discord, spreading rumors, and exposing others, while their own inner selves are in dire need of cleansing and purification These psychological tendencies bury the soul and prevent a person from revealing their higher potential How complex and self-limiting human beings are! Each person is, in themselves, a multi-chapter story, with intertwined events and diverse scenes

In addition to eating, sleeping, and working, humans are expected to gain something meaningful from life Thinkers contemplate their surroundings and are often amazed by what they

see They observe closely and question why things happen or don't happen in a certain way For example, we get one set of teeth, then a second set, so why don't we get a third set as well? Why does the system work this way?

Humans readily accept many illusory notions of natural limitations without serious questioning, thus allowing those notions to control their lives and destinies Thinkers do not easily accept the status quo; rather, they strive to change it, and this is precisely what makes progress possible

I rejoice when I see rare human achievements and inventions that serve humanity in one way or another How many wonders have sprung from the human mind! Yet the mind itself remains more complex than all that it has produced

There is a story about a king who showed great favor and affection to his chief minister, which aroused jealousy and envy in the hearts of the other courtiers who noticed the monarch's obvious bias When the king realized this, he wanted to explain to them why the minister was his favorite

One day the king and his entourage heard music coming from afar, so he turned to one of his chamberlains and said: "Find out the news for us"

A short while later the man returned and said it had been a wedding procession The king

inquired, "Whose wedding?" but the chamberlain had no answer

He then sent another chamberlain who returned with the answer to the king's last question, but he was unable to answer any of the others The same thing happened with several men

Finally, the king summoned his chief minister and ordered him to go and investigate the matter The minister set off immediately, and upon his return, the king bombarded him with a barrage of questions, all of which the astute and trustworthy minister was able to answer with satisfactory detail

Many slow-witted and dull-minded people resemble ignorant doorkeepers They are not necessarily stupid, but they are so intellectually lazy that they exert no effort beyond absolute necessity I can excuse physical laziness, as there may be a justifiable physiological reason, but there is no excuse for intellectual idleness! Those who are mentally unemployed do not wish to think because even thinking seems to them a laborious task

Thought is a wondrous and amazing thing No one can categorize the tendencies and perceptions of the mind Its capabilities are infinite Therefore, if you look closely and think deeply about any subject, you will find the answer to any question related to that subject

Your feelings must be in harmony with your thoughts If you don't align your feelings with your thoughts, your conclusions won't always be correct Feeling is a kind of insight, the repository of all knowledge Feeling must balance the mind, for only then does the sacred image of God within you appear in its full essence Thus, yoga teaches one how to balance the powers of mind and feeling Those who do not possess both in equal measure are immature

The more the seeker progresses spiritually and draws closer to God, the more God reveals to him the wonders of existence Behind every physical object lies an ethereal pattern of colored light In the ethereal or planetary realm, everything is vibrant with life There is no such thing as lifelessness there

The hidden cosmic factory is beyond imagination The entire universe is a single idea in the mind of God! Even galaxies operate and are governed by mathematical laws beyond human comprehension Everything functions according to a system of utmost precision and perfection What a mighty mind that cosmic mind is! The infinite absolute is at work in everything, and all the diverse vortices of motion we call life are subject to that cosmic mind

Every hundred years, billions of people leave this earth, and even more are born There is supply and demand, with all their inherent complexities Yet, God has provided an abundance of food to

meet humanity's needs Humanity alone is responsible for poverty and misery on earth The time has come for us to live in an era of prosperity and abundance, where everyone enjoys health and lives in happiness and peace This is possible were it not for human selfishness and the manipulation of the destinies of nations by a small, self-serving minority

Most people remain in a deep slumber throughout this dreamy life Only the knowledgeable one is awake He is unconcerned with the things that occupy the mind of the ordinary person, whose only concern is the pursuit of wealth and sensual pleasures, and the squandering of time on superficial activities and interests

Humans exhaust themselves chasing fleeting temptations in this transient world, even though true, indescribable happiness lies within them They will surely find it if they search diligently and truly desire to discover it

The mind must be used wisely and correctly to discover the divine laboratory hidden beyond this world Once, by the grace of God, I beheld the infinite wonders of creation for an entire day, and I said to God: “O Lord, when I was blind, I could not find a single door that led to You But because You have opened my sight and my insight, I now see doors open everywhere… in the heart of flowers, in the voices of faithful friends, and in the memories of cherished noble experiences Indeed, every

whisper of my supplications opens a new passage to the vast temple of Your holy presence”

The seeker must be strong and steadfast, unwavering and resolute in their determination to find the Most Holy Being hidden behind the veil of creation One must detach oneself from the endless demands of the world and not surrender to sleep at night before communing with God in heart and soul The demands of life are inexhaustible, therefore we must dedicate time each day to be with ourselves and with God, far from the noise and clamor of the world and the din of life Then we will see life through a new lens because we will possess a new vision of it

Just as scientists were able to make their discoveries by following natural laws and specific scientific principles, so too will the sincere seeker be able to find God by following spiritual laws and making the knowledge of God their primary goal in life For this very purpose, humanity came to this earth, even though it has become a marginalized goal for most people But humanity deceives itself by forgetting the purpose of life and becoming preoccupied with superficialities and trivial matters

And remember, my friend, that no matter how unfavorable your circumstances may be in this world, when you turn to God, you will see Him working with you and feel His presence despite all the trials you face You will also see Him manifest in everything around you and be filled with His love and joy

Neither health, nor prosperity, nor material achievements, nor possessions last forever So why concern yourself solely with those things that are destined to perish and fade away?

I ask God Almighty to bring us from darkness into light

From hatred to love

From restrictions to freedom

From ignorance to wisdom

From pain and death to eternal life and everlasting rest

And may He take us by the hand and guide us to His knowledge

And He keeps us awake in His awareness

And to open all the doors that lead to the heaven of His wisdom

Let us live with conviction, happiness, peace of mind, and contentment

Every day of our lives

Peace be upon you

Searching for the meaning of life

Since we came into this world from where we do not know, it is natural for us to wonder about the origin and purpose of life We hear about a creator of this world and we read about him, but

we do not know how to reach him All we know is that the entire universe proclaims the existence of his divine mind Just as the small and precise parts and devices of a small watch make us admire the watchmaker, and just as the large and complex machines of a factory amaze and inspire our admiration for their inventor, so when we see the wonders of nature, we are amazed by the intelligence hidden behind them, and we ask: “Who gave the flower its vibrant form and its face turned towards the sun? Where did its fragrance and beauty come from? And how were its petals formed with such infinite precision and dyed with such wonderful and joyous colors?”

At night, the stars and the moon, scattering their silvery light around us, inspire us to contemplate the consciousness that guides these celestial bodies in the vastness of space The soft light of the full moon is insufficient for daily activity, and thus a wise and gentle mind suggests rest during the night Then the sun rises, and its bright light allows us to see the world around us with clarity and serenity, enabling us to undertake the tasks that present themselves to us

There are two ways to fulfill our needs: the physical and the spiritual When our health deteriorates, for example, we can go to a doctor for treatment But there comes a time when neither a doctor nor anyone else can help, and we turn to the second way: to the spiritual power that created our body, mind, and soul Physical power is limited,

and when it fails, we turn to the unlimited divine power This also applies to our financial needs When we do our best and still don't get enough, we turn to that power

Everyone thinks their problems are the worst Some feel more pressure than others because their resistance is weak And because of the differences in people's mental strength, they expend different amounts of energy If a person faces an extremely difficult problem and their mind is weak, they will not be able to overcome it Those with powerful minds can overcome their difficulties by breaking down the barriers and shaking the foundations of their obstacles Yet even the strongest people have sometimes faced failure When we are faced with numerous and overwhelming material, intellectual, and spiritual troubles and difficulties, we realize how limited life's power is in this material world

Our efforts should not be solely dedicated to achieving good health and financial security, but also to searching for the meaning of life What is the purpose of life? When difficulties overwhelm us, we first turn to our surroundings, attempting every material adjustment we believe will provide relief But when we reach an impasse and say, "All my attempts have failed; what more can I do?" we begin to seriously consider finding an effective solution to our problem And when our thinking becomes sufficiently deep, we find the answer within ourselves This, in itself, is a form of answered prayer

Prayer: A spiritual need

Prayer is a spiritual need God did not create us as beggars, for He created us in His image The Holy Scriptures declare this A beggar who goes to the house of a rich person and asks for alms receives a beggar's share But a son can obtain anything from his rich father Therefore, we should not act like beggars

Some people seem to have everything and are born into luxury and comfort, while others seem to attract trouble and failure Where is God's image in them? The power of the divine spirit resides within each of us But how can we cultivate that power? Perhaps you have felt discouraged in the past because your prayers didn't seem to be answered, but don't lose hope and faith To know whether your prayers are effective or not, you must have a fundamental belief in the power of prayer deep within yourself

Perhaps some people's prayers go unanswered because they choose to beg Likewise, one must know what to ask of God You may pray with all your heart and all your might to possess the earth and everything on it, but your prayers will not be accepted because all prayers related to material life are inherently limited, and indeed, should be limited But there is a right way to pray It is said that a cat has nine lives But difficulties have ninety-nine lives! You must find an effective way to get rid of the "cat of difficulties" The secret of effective prayer lies in changing one's position

from that of a beggar to that of someone with a right When you ask God for something of that spiritual nature, your prayer will possess both power and wisdom

The seeds of success lie in willpower

Most people become extremely nervous and anxious when trying to accomplish something of great importance to them Acting with worry and nervousness does not attract divine power, but the calm and persistent use of willpower shakes the forces of the universe and brings a response from the infinite Absolute The seeds of success for everything you intend to achieve lie within your will A will that is broken and crushed by difficulties becomes temporarily paralyzed But the resolute and determined person who says, "My body may be torn to pieces, but the head of my will shall remain held high and driven by resolve," demonstrates the highest degree of willpower

Willpower and its proper direction are what elevate and raise a person's status When a person abandons the use of willpower, they become an ordinary person, ineffective in the course of events Many say that we shouldn't use our willpower to change circumstances, for fear of hindering God's plan But why did God give us willpower if He didn't want us to use it? I once met a rigid man who said he didn't believe in using willpower because it feeds self-importance I replied, "You are using your willpower right now, and quite forcefully, to resist me You use it to speak, stand, walk, eat, go to the

movies, and even sleep You want everything you do Without willpower, you become a robot" It is a person's duty to harmonize their will, governed by desires, with God's will Therefore, when the right prayer is offered consistently, it becomes a willpower in itself

You must believe in the possibility of obtaining what you pray for If you pray to own a house, and at the same time your mind says, "How can you afford a house, you fool?" you are weakening your will with such thinking When you banish the phrase "I can't" from your mind, you gain higher power Of course, houses don't fall from the sky, and to obtain a house, you must use willpower and take constructive actions to achieve your goal When you persevere and refuse to admit failure, you will be able to manifest what you aspire to And when you consistently use that willpower through your thoughts and actions, your desires will be fulfilled, and everything you long for and yearn for will come to you When you continue to strive with determination and persistence, the desired result will appear in some way, even if what you desire doesn't actually exist in this world In such willpower lies the divine answer, for good will comes from God Persevering will is a divine will

Burn the seeds of "I can't" from your brain

A weak will is a feeble human will When trials and failures pierce and tear it apart, it loses its connection to the infinite Generator But behind the human will lies the divine will, which knows neither

discouragement nor defeat Even death, in all its might, cannot break or hinder the divine will God will surely answer that prayer driven by a will of unwavering determination and perseverance

Most people are lazy and lethargic, either physically, mentally, or both They desire to meditate but think only of sleep As soon as drowsiness overtakes them, they fall into a deep slumber, and that's the end of their prayer! In this state, willpower is buried The average person's brain is filled with the seeds of "I can't" Born into a family with certain characteristics and habits, they are influenced by these, becoming convinced that they are incapable of this or that These harmful seeds must be burned away and their influence eradicated from consciousness You have the power to achieve anything you desire That power lies at the very core of your will

Those who wish to cultivate willpower need good company If you aspire to become a great mathematician and your classmates dislike mathematics, your enthusiasm will undoubtedly wane But when you associate with accomplished mathematicians, your willpower will strengthen, and you will be able to say, "If others can succeed, so can I"

Don't rush into big things just to build your willpower To succeed, you must first test your willpower with small things you thought you couldn't do If you put in the effort, success will follow

I still remember all the goals my friends and others told me I'd never achieve, yet I did These well-intentioned people can cause great harm with their opinions May God protect us from them and their advice Companionship has the greatest influence on willpower Going to dances with alcohol and loud music, instead of meditating in the sanctuary of silence, pollutes the mind with the thick dust of worldly vibrations, making it difficult to shake off One's willpower is inevitably strengthened or weakened by the influence of one's companions Developing willpower through self-effort alone is extremely difficult You need a good example to emulate If you want to become a painter, live surrounded by good paintings and associate with painters If you want to become a spiritual person, befriend spiritual people of noble character

There is a significant difference between belief and experience Belief comes from things you have heard or read about and accepted as fundamental truths Experience, on the other hand, is what you have personally witnessed and truly understood The certainty of those who have experienced God is unwavering If you have never tasted an orange, you can be deceived about its properties But if you have eaten an orange before, you cannot be misled, because you have tasted the fruit and know it well

Seek the company of those who strengthen your faith

Thoughts about God, success, healing, and so on, all reside in your mind like psychological capsules Try them To test your thoughts, you must use your willpower to manifest them To cultivate the necessary willpower, you must associate with people of strong will If you desire healing by God's will, seek the company of those who strengthen your faith and energize your will

I traversed the length and breadth of India seeking a true knower of God, but they were rare Every teacher I met shared their personal beliefs But in spiritual matters, I was determined not to be satisfied with mere words about God I wanted to experience Him and truly feel His presence What I was told was meaningless unless I grasped it through personal experience

Once, I was talking to a friend about the saints of India My friend was a broker, and he didn't share my enthusiasm Instead, he said, "All those you call saints are actually charlatans who don't know God" I didn't argue with him, but changed the subject, and we started talking about the brokerage profession After he told me a lot about it, I said gently, "Do you know that there isn't a single trustworthy broker in Calcutta, and that they're all liars?" He became furious and retorted angrily, "And what do you know about brokers?" I replied, "That's exactly what I meant And what do you know about saints?" He was speechless I continued calmly and kindly, "I don't know anything about

brokerage, and you don't know anything about saints"

The practice of religion has reached a point where many people can no longer translate their spiritual ideas into lived experience I speak here from personal experience I don't want to talk about things I know only intellectually Most people read a few books about truth and become self-sufficient without making the effort to grasp the truth behind the words The empty pronouncements of spiritual truths are of no use to us and leave no positive impression We must distinguish between a person's sermons and their life story Anyone who wishes to teach others must first demonstrate that they have actually experienced what they are learning and have experientially understood what they are saying

The Adventure of Life: What It Is

Master Paramhansa Yogananda

Translation: Mahmoud Masoud

Life is the greatest adventure imaginable While some lives may lack excitement and thrills, others are filled with astonishing trials I heard of a man who attempted suicide more than thirty times, and each time something prevented him from ending his life Imagine how wonderful it would be to know about the lives of all human beings who have lived on Earth, those who have passed away, and those yet to come! All of humanity's experiences are recorded in the cosmic

memory: the memory of God, and what a wondrous memory it is! It is difficult to comprehend an all-knowing consciousness, yet knowing the All-Knowing Spirit is the greatest adventure in existence

Facts are more real, stable, and substantial than imagination, yet their source is all ideas in the mind of God All atomic matter is also embodied divine ideas that can be dissolved back into ideas and then embodied again into things Humans also possess the capacity to conceive ideas, but their imagination is not strong enough to embody them If their imagination were strong enough, they could create things on this earth Humans possess within themselves the same creative power by which God embodied His mental creations in the world But it has become impossible for humans to embody their ideas into things because they have not used the power of the mind given to them by God as they should

When we try to conceive of God's consciousness, we wonder how He can remember and comprehend everything, because we measure everything by the standards of our own mental abilities and understand things according to our personal experiences Those with weak memories tend to assume that everyone else's memory is as weak as their own However, there are people with exceptionally sharp memories who can recall an entire book as easily as you can remember a few lines Those who are forgetful often find it difficult

to believe that someone possesses a receptive memory capable of storing and retrieving information with remarkable ease

A jeweler remembers his jewels, and a bookkeeper remembers the numbers in his books Similarly, God remembers everything He created in this universe Being all-powerful, He instantly remembers everything that has happened in this universe because His absolute and unlimited awareness is all-knowing

Memory is itself a wondrous ability And human memory is closely linked to God's mighty memory For example, you cannot recall the details of every movie you have ever seen But if I were to show you one of those movies again, you would remember it instantly That sacred memory within you is constantly recognizing past experiences As soon as you see the opening scenes, you recall the entire story and say, "Oh, I've seen this movie before, and I remember how it ended"

How do we remember moving images in such detail even though we saw them years ago? Because all the events are recorded in the brain As soon as you place the mind needle on a test disc (or play a mind-computer interface), your memory begins to retrieve that test again

The power of inner memory comes from God and is infallible It never forgets The memory of an ordinary person cannot retain all experiences at once But the sacred, inner memory retains

everything simultaneously and eternally Therefore, the notion of a good or weak memory is merely a subjective perception A person convinces themselves that their memory is weak, and therefore they possess a weak memory However, it is not easy to shift from this belief to its opposite It requires considerable effort to convince oneself that one's memory is indeed a manifestation of God's sacred, all-remembering memory

The greatest human memory is nothing but a ray of God’s absolute consciousness, in which all human adventures and all other forms and manifestations of life are recorded

The story of divine creation is a wonderful and amazing story! How did God bring into existence all the beings that exist on this earth? And how does He work from behind the veils and curtains to bring us back to our true existence with Him? It is impossible for human language to help us provide a comprehensive description of the cosmic adventure of God’s creation and its precise intersections with the individual adventures of countless numbers of human beings

We find that the average human lifespan is around seventy years, while the average lifespan of a crocodile is between sixty and one hundred years A redwood tree can live for two thousand years The average lifespan of a camel is between fifty and sixty years, and a horse around thirty-six years at most It is obvious, then, that some being has determined these varying lifespans Yet we

hear of some great yogis who lived for hundreds of years One of these is the great Babaji, who is known to have lived for centuries while still alive in his body and enjoying perfect youth Trilanga Swami also lived for nearly three centuries: he was born in 1601 and died in 1881 (some even say he lived for more than three centuries!) In addition to his extraordinary lifespan, he was famous for his miracles He weighed around 130 kilograms, even though he rarely ate He often meditated for days on end, sitting cross-legged on the waters of the Ganges, or sometimes remained hidden for long periods beneath the waves He was often seen lying naked and motionless in the scorching sun upon the burning rocks His habitual disregard for the laws of nature was a constant reminder to all who saw him that union with divine consciousness is the highest of all laws

As recorded in Yogi's Autobiography, the great saints who awoke from the dream of cosmic deception or illusion and realized that the universe is merely an idea in the divine mind could do whatever they wished with the body, knowing it to be nothing more than a form of concentrated or frozen force While natural scientists now understand matter to be nothing more than confined activity, the fully enlightened masters had made significant strides in controlling matter, moving from theory to practice

Indeed, reality is more wondrous than imagination We can imagine that under the right

conditions, if there is no waste of vital energy or seminal fluid, and with proper nutrition and sound thinking, the human body can be sustained indefinitely Seminal fluid contains concentrated vital energy; if not wasted, this power remains dormant and can be used to enhance physical, mental, and emotional health, as well as intellectual creativity and spiritual growth

Note to the translator: In this passage, President Abu Ali Ibn Sina says:

Eat one meal a day, and avoid eating before your previous meal is digested

Preserve your semen as much as you can, for it is the water of life poured into the wombs

The pressures on the body are immense When a mouse is caught in a trap, its heart beats much faster than normal Similarly, when a person is unable to pay their bills, their heart does the same! And so, psychological stress takes its toll! There are other types of stress as well Laboratory experiments have reportedly shown that eliminating noise in cities could add an average of ten years to the lives of citizens Yet, we live in an amazing world Those whose sole purpose in life is eating, drinking, sleeping, and enjoying the good things have little chance of understanding the wonders of human existence

The adventure begins with the struggle the soul faces to enter the womb during conception In

the planetary or ethereal realm, millions of souls strive to return to Earth by entering the fertilized cells where sperm and egg unite during pregnancy Whether a soul is holy or sinful, and unless it has achieved ultimate liberation, there is a powerful desire to be reincarnated on Earth At conception, a light flashes in the ether, and a soul enters it simply by virtue of the union of sperm and egg Humanity has struggled to enter the womb because so many souls are vying for entry Those who have succeeded are you, me, and all of us And it has not been an easy victory!

Indeed, there are many abodes with God The higher and lower ethereal planes, composed of transparent light and vital energies, are the heaven (or hell) to which souls go after the death of the physical body The duration of their stay there is predetermined according to their karma As long as a person has unfulfilled material desires or earthly karma (the consequences of past actions that have not been exhausted), they must return to earthly incarnation to continue their development on the path toward God

After entering the womb, the soul wonders: "What have I done? I was free for a long time, liberated from the bound and restrictive human body, moving easily and effortlessly on the etheric plane in a luminous body, and now I am stuck again in a physical form"

Yet, he gradually becomes accustomed to these new conditions during the nine months in the

womb This is the punishment: nine months of living in a dark cell where he must breathe through another person and receive food and blood by depending on another person's circulatory system His spirit and condition are dependent on others, and he cries out to God: "Release me from this prison! I cannot see, I cannot hear, I am bound"

If there is any hell or purgatory, it is those nine months in the mother's body: utter helplessness amidst darkness, confined to a single point like a tree, with fleeting memories of the past, followed by periods of sleep And when those memories return, the fetus dances, exerting tremendous effort within the mother's body I have shifted my consciousness to these prenatal states, and I know what I am saying

The fetus's sleep and wakefulness within the mother's body are not dependent on her sleep and wakefulness The fetus's voluntary movements stem from the soul's remembrance of its past Thus, it moves restlessly in the womb until exhaustion overcomes it, and it falls asleep Afterward, it awakens briefly and moves again It feels hunger and satisfies it through nourishment transferred via the mother's blood

The newborn can hear, to some extent, the vibrations of the mother's heartbeat and blood circulation, and these sounds make it aware of its body, fueling its yearning for liberation Thus, the soul's first adventure is a struggle between two ideas: the desire to return to Earth in human form

and the longing to break free from the human form that confines the soul

The human soul's shell (the body) begins like a fish with a delicate tail This image then develops into an animal form coiled within the womb As mentioned earlier, some memories of past lives resurface, causing the fetus to make slight movements The struggle intensifies as the fetus develops into a human form within the mother's body, and the soul cries out, "Let me out!" When the will becomes very strong, the child is born Premature babies (born after a pregnancy of less than 37 weeks) are souls with strong wills and great stubbornness They do not want to remain in the mother's body for nine months, and therefore they are born earlier than usual

The infant comes into this world crying because, as the wise and knowledgeable say, the soul remembers its previous incarnations and does not wish to return to Earth again to suffer the various forms of human struggle once more

The heavy "thaa" sound became attached to it, so it became a place between the landmarks and the submissive ruins

She weeps when she remembers promises made in the sanctuary, with tears that flow and do not cease

Regarding these memories, there is also the supplicating posture in which the fetus clasps its

hands before coming into the world as if pleading: "I beg you, Lord, not to grant me a second earthly birth"

The physiological explanation for a newborn's cry is that the lungs must open to begin breathing, and the baby's first cry is an effort to activate the lungs and initiate the breath of life When a child is born, breathing begins, and the soul, which was in a state of near-dormant dormancy, becomes a living being with an independent life Many mistakenly believe that the soul enters the body at the moment of birth, but if the soul were not already present, the body would not have formed from the tiny original cells If the soul were to leave the fetus before birth, the baby would be stillborn

The human body is composed of sixteen basic physical elements, supported and sustained by nineteen transparent energy elements that represent the essence of the etheric body residing within the physical human form This etheric body is the source of movement and activity in the physical body The nineteen planetary elements are intellectual, emotional, and vital The nineteen components are intelligence, the self (ego), feeling, the manifest mind (sensory awareness), five instruments of knowledge corresponding to the senses of sight, hearing, smell, taste, and touch, five instruments of action corresponding to the intellectual powers of reproduction, excretion, speech, walking, and manual dexterity, and five instruments of life force endowed with the ability

to perform the body's functions of crystallization, absorption (assimilating food after digestion), waste elimination, metabolism (converting food into living matter or using it to provide energy), and circulation This transparent planetary shell of nineteen elements remains after the physical body, composed of sixteen coarse elements, perishes All these elements can be transformed into pure awareness through the practice of advanced yoga techniques

When a baby is born, its eyes blink at the sight of light, it hears sounds, smells, tastes, and breathes Sounds seem normal to it, and it realizes it is living in a physical body once more Its previous resistance to birth ceases with its first breath As the illusion takes hold that "existence" depends on the body and breathing, it is drawn to the physical world and gradually becomes accustomed to it

As time passes, the child exerts considerable effort to control their body How often do you see them flailing their arms and legs in the air, trying to adapt to their physical form? This is guided by the subconscious, through the soul's recollection of its past Memory is ever-present Humans instinctively fear death because they remember the many times they have experienced it, just as they fear pain because they have suffered so much before

As a child grows into a toddler, they are influenced by their parents and relatives Everyone

wants them to be different, including their mischievous peers who also want them to be like them and conform to their behavior and actions! Amidst this conflict, the child feels immense pressure However, young children who enjoy a great deal of freedom later say regretfully, "I wish my parents had told me about the harmful consequences of my behavior; if they had, I might be better off now"

Many are the psychological and emotional struggles that a person must endure before reaching adulthood During this stage, the senses become more active, and the young man or woman engages in a significant internal battle This struggle with the senses is considerable, and the ultimate victory for young people is their triumph over their instincts and the curbing of their unbridled desires

It is wonderful to be alive, but many forces lie in wait to destroy us An adventure with predators in Africa is nothing compared to the adventure of life itself And no adventure in history surpasses it in pleasure and excitement Thanks to reason, humans know how to protect themselves from wild animals, but they don't know how to protect themselves from their own bad habits and their harmful consequences A person's worst enemy is themselves More than any enemy, more than deadly germs, devastating bombs, or any other threat, a person should fear themselves when they are wrong When a person lives in complete

ignorance of their spiritual nature and allows their bad habits to control them, they become their own enemy The best way to win this battle of life is to befriend oneself The spiritually developed self is a person's friend, while the undeveloped self is their enemy

It's easy to imagine ourselves going to explore a wild, unknown land If we were going by ship, we should take a lifeboat with us so that if the ship sank, we could use the boat to save ourselves But in many of life's experiences, our lifeboats leak despite our taking every precaution

In a jungle teeming with predators, you can take precautions against those beasts, but overcoming subtle, insidious dangers is far more difficult How can one protect oneself from the millions of germs that constantly surround us? We think we are safe when we take precautions against dangers we can see and hear, but our defenses are insufficient to protect us from germs In the bloodstream, white blood cells constantly battle these germs Drugs only numb them White blood cells are the soldiers that confront and destroy them If your blood is weak, these "soldiers" will not be able to help you In the lungs of many seemingly safe and secure individuals, vicious tuberculosis bacilli lurk, ready to pounce on their host and destroy it Nature forms a protective barrier to repel these germ attacks, but the effect of that barrier will not last long if the body is unable to resist This struggle continues in the

unseen jungle of life within us If you examined your food under a microscope, you would not taste it Germs feast on it, and you swallow it all! Even the water you drink is teeming with these living organisms There isn't a single vegetarian in the world because everyone consumes millions of germs every day So, will humans stop eating?

To navigate the forest of life safely, one must equip oneself with the appropriate weapons and be a well-trained soldier Those who do not know the proper way to protect themselves quickly lose their lives But the wise person, prepared for all eventualities—illness, conflicting thoughts, bad habits, harsh fate, and unfavorable karma—will triumph in this adventure, which demands caution, vigilance, and certain methods and strategies that enable us to confront and overcome our inner enemies, who are far more formidable and determined than any external foe

As we continue our journey through life, we learn better ways to overcome the ailments and causes of our physical, psychological, moral, and spiritual illnesses When we have peacefully overcome physical ailments and psychological struggles, we can then say that life has truly been a wonderful adventure But it is unwise to say that life is sweet before achieving true victory Unless a person reaches the final stages and their soul is liberated in God, life is not over for them They must ascend in spirit, and then the final chapter of the adventure will be completed

When a person sees someone else suffering, they thank God they aren't going through that particular experience But who knows, it could be their turn next The possibilities for harming the body are countless, so one must be vigilant and prepared for all eventualities and surprises

The scientist says: "Eat healthy, nutritious food and follow health guidelines to protect yourself from germs" The politician says: "Be brave soldiers to protect yourselves and your country from your enemies"

We truly live in a strange world Even mothers, paragons of love, tenderness, and sacrifice, are being trained to kill other people's children How awful! But sometimes, war brings good; it strips us of our cowardice and weakness of will

The forests and jungles of life teem with enemies: disease, poverty, suffering, bad habits, and misguided desires There are also countless other things to consider and rules to observe, so much so that life becomes unbearable if we try to keep them all in our minds Complexities have become overwhelming in every aspect of life, and people seem to be under a kind of hypnotic spell Therefore, it is time for humanity to try different approaches and activate the boundless powers and potential of the mind

God has given us an amazing means of protection: the mind It is more powerful than machine guns, electricity, poison gas, or any

medicine This mind must be nurtured and strengthened A significant part of life's adventure lies in controlling the mind and keeping it disciplined and in harmony with God at all times This alone is one of the secrets to a successful and happy life

Although humans use physical means and methods of healing, they should not place their trust in these methods but rather in God's power behind them We must ask God to grant us understanding and willpower so that we do not rely on medicine but depend on Him and, first and foremost, on the power of our minds

Human beings have not been taught how to attain that psychological state achieved through training the mind and harmonizing it with God through meditation However, the mind must be under your complete control before you attempt to deny the material world and its physical remedies Until you achieve this, it is best to take logical steps to help the body When a person can grasp a burning ember without being burned, then they can deny the material world and declare that the mind is everything Otherwise, matter exists and must be dealt with according to its laws in logical and practical ways

God has also given us an invincible weapon with which we can overcome all sorrows and pains: the weapon of wisdom, which we obtain through harmony with God The easiest way to conquer

illness, disappointment, and misfortune is to be in constant harmony with our Creator

People are like young children in the jungle of life, forced to learn from their personal trials and tribulations, stumbling through the pitfalls of illness and bad habits We must seek help repeatedly and strive to align our thoughts and actions with God and His unchanging laws

When the world darkens before your eyes and life's hardships overwhelm you, remember that God is near and feel safe and secure in the fortress of His presence Despite your struggles on life's paths and your exposure to all manner of destructive influences, remember that they are not meant to destroy you, but to test your faith and awaken your dormant strength We must persevere in the battle of life and confront all the evils surrounding us, dismantling and defeating them with the all-encompassing power of the divine presence within us And at the end of life's adventure, we will say: O Lord, it was difficult to hold fast to courage and continue the struggle to the end, but the strength You granted us was greater than our fears, and thanks to those great powers, we triumphed and realized that we are created in Your divine image You are the Lord of the universe and present everywhere, so what do we fear, and whom do we dread, as long as You are with us?

The moment a person realizes they have become a human being, their fears multiply, and it

seems there is no escape No matter what precautions they take, gaps remain through which mistakes can creep in There is no true tranquility except in God, and no peace without Him Whether we are in the jungles of Africa, on the battlefields, or in the jaws of destitution and poverty, we must whisper to God: I am under the protection of Your invincible presence, O Lord! I advance on the front lines of life, and I feel that I am under Your protection and care!

There is no other path to safety and security Use reason and logic in everything you do, and place your complete trust in God God cares for all who care for Him and respect His laws, and He accepts all who turn to Him with their hearts and souls, showering them with His blessings and ensuring their sustenance is continuous and uninterrupted

Many have fallen victim to illness and become prey to bad habits, unable to pull themselves out It shouldn't be said that there is no way to escape the traps life lays in every direction The trials and tribulations that confront a person are temporary and depend on their resolve and the activation of their will to overcome them one by one Failure for a specific period does not mean defeat in the battle of life The successful and victorious person constantly affirms to themselves that they are stronger than circumstances and fear nothing as long as they are with God and God is with them,

understanding deep down that life and death are two different states of consciousness

God created everything to test us and to reveal the immortality of the soul within us This is the adventure of life and its sole purpose Every person's adventure is unique, and they must be prepared to face all challenges of health, mind, and spirit with understanding, willpower, and faith in God, knowing that their soul does not die no matter what happens to the body Truly, no weapon —no weapon whatsoever—can destroy that soul Neither fire nor water can burn it, for it is the image of the One and Only God

It is wonderful to realize that death is not the end, for with this knowledge we gain psychological strength and freedom from illusion When illness strikes and the body ceases to function, the soul believes it is dead, but God touches it and assures it that it is still alive A soldier on the battlefield, struck by a bomb or shrapnel, cries out, "I am dead, my God!" But God answers, "Of course not! Are you not speaking to Me? Nothing can destroy you You are an immortal soul, and you are merely dreaming that you are dead" Then the soul realizes that the experience of passing from the body through death is not as terrifying as it is often portrayed The limited awareness of the soul's existence within the body is responsible for the belief that the loss of the body is the end of everything, while in reality, the soul is alive and

does not die because it is the image of the living and eternal God

True yogis are capable of controlling their minds under all circumstances When a seeker reaches this stage, they become free and realize that life is a sacred adventure Prophets and great figures have demonstrated this truth, for nothing could harm their great and pure souls They experienced divine love to the fullest extent, and that very love is the most exciting and enduring element in the adventure of life

Human love is meaningless unless it is rooted in the unconditional love of God A young man and woman may fall in love, and then fall in hatred Human infatuation is imperfect and bound by many conditions, while divine love is perfect and endless

This adventure of life will only be complete when a person overcomes dangers and mistakes through sheer willpower and intellect, just as the great ones did Then they will look back and say, "Those trials were arduous and perilous, and I nearly fell, but now I am confident in myself after God opened my eyes and bestowed upon me sacred knowledge"

We can say that life is a wonderful adventure when God finally tells us: "All those terrible, bitter trials are over I am with you forever, and nothing can harm you anymore"

The human mind is strengthened by confronting illnesses and hardships, overcoming difficulties one after another Whatever weakens the mind is its worst enemy, and whatever strengthens it is its safe haven Scorn the difficulties and misfortunes that come your way

(In the words of Abu al-Qasim al-Shabbi):

I will live despite illness and enemies, like an eagle atop the lofty peak

I gaze at the shining sun, mocking the clouds, the rain, and the storms

God has shown me that this life is just a dream When you awaken in God, you will remember it as a fleeting dream of joys and sorrows, nothing more

And then you will know that you are immortal for all eternity in the One and Only God

Peace be upon you

Spiritual nourishment

Everything will pass away and disappear, and God alone is the eternal constant and the secure refuge from all the fierce storms and hurricanes that blow across the world

***

Fleeting human friendships are not unconditional and are often tainted by selfishness,

because when self-interest ceases, so does love Spiritual friendship and genuine, heartfelt love, however, instill in us a sense of shared responsibility to nurture that friendship and preserve the purity of that love When we try to understand someone, we cannot do what upsets them, and when we don't try to understand them, compatibility simply doesn't exist

***

The day will come when I bid farewell to this world, but as long as I remain on this earth, my greatest joy lies in speaking to those who trust me about the wonders of God and increasing their longing for that divine light that has given me comfort, freedom, and security

Self-affirmations:

I can accomplish all my duties only by borrowing my strength from God Therefore, my first desire is to please Him God is the first love in my heart, the greatest aspiration of my soul, and the ultimate goal of my will and mind

***

Our true self—the soul—is immortal We exist, and our existence is eternal The wave comes to

the shore and then returns to the ocean without losing itself; rather, it becomes one with the ocean or it may return again [to the shore] in the form of another wave

***

If the wires of an electrical device break, a specialist can replace them But when nerve tissue is damaged by severe irritation, the nerves lose their function, and who can replace them? Therefore, the utmost care and caution must be exercised when dealing with the precious nervous system, because it regenerates from within, and if it is damaged, it cannot be repaired or replaced with another device

***

The students were enjoying a picnic with their teacher, Paramhansa, in nature, and he said to them:

How wonderful it is to feel at peace and be rich in happiness! God wants us to live simply and experience spiritual joy

***

Just as a person wakes up from a disturbing nightmare to realize that what he saw was nothing but a dream, so divine consciousness urges a person to wake up from the nightmare of slumber and confusion to a new awareness and a sound understanding of the meaning and purpose of life

If we want to experience the dawn of spiritual awakening and witness the lights of certainty, we must listen to the inner voice and respond to its prompting

We must remove from the path the stones of illusion and the rocks of ignorance that hinder the soul's journey and impede its movement We must knock with the hand of longing on the door of awakening from the slumber of indifference, so that we may breathe the breezes of bliss and bring heavenly electricity to every thought of ours, every feeling of ours, and every action of ours

***

True happiness cannot be tasted unless good desires overcome bad ones, and unless the will is directed in the right direction towards the fountain of truth and the source of all good in existence

***

True friendship is greater than all riches If you can be a true friend to people, you will find God

***

God is the source of wisdom and radiant inspirations that flow upon good souls He is the heavenly fragrance emanating from the censers of loving hearts He is the greatest joy that fills the soul with sacred ecstasy

***

Lord, I ask you to enlighten my soul so that I may grasp the ultimate truth I will see you, Lord, revealed in the manifestations of nature—in flowers, trees, and all beautiful things Through deep spiritual contemplation, I will open wide the gates of peace and strive harder to improve my life so that I may better understand its true meaning

***

When I am with others, I am fully present and feel great joy in interacting with them, and when I am alone, I enjoy that same joy And when I work, I work with all my energy and will, and I feel increasing happiness

We must work with genuine desire and inner joy, otherwise we will lose our vitality and be unable to renew our energy We must also always be sincere and cultivate sincerity alongside our willpower, for with sincerity we can work in greater harmony with others

***

Do not grieve for a love lost to you, whether through death or due to the fickle and ever-changing nature of humanity Love itself is never truly lost or dead, but rather temporarily hidden from you, so that perhaps in your perpetual search for it you may discover its true essence And love will continue its temporary concealment until you ultimately find it in the form of the divine Beloved residing in the deepest recesses of your soul

***

A person should not live day after day in the same uncomfortable psychological state If a person prays sincerely and trusts that God will grant what they pray for, they will receive God's blessings and help

If there is a deeply ingrained bad habit, it is possible to disrupt and displace it by forming a contradictory and opposing mental habit and activating it until the toxic habit is neutralized

A person must assure himself that he will change for the better, and that he will be strong despite some weaknesses he currently suffers from

The moment a person resolves to make a positive change, they will feel like they have become a different person, and that feeling will bring them an abundance of vital energy and inner joy

***

Sometimes God reveals himself to his lovers as a great light, a cosmic voice, boundless joy, or love of utmost sweetness

Or as understanding, wisdom, and knowledge

Its light extends and spreads like cosmic wings over eternity, and sometimes I see this earth as a dream in the heart of that light

And so I realized that the world is a dream

***

No matter how much you and your true friends may disagree, there is always understanding and communication between you Such friendships are based on mutual respect and mean a great deal to you Friendship founded on the love of God is the only relationship that is destined to last

***

The joyful radiance of the spirit can be perceived by turning one's attention inward This can be achieved by using the mind to enjoy the beautiful visions of thought in the hidden realm of the spirit, residing deep within the self

***

After all that a person accomplishes on this earth, life seems empty, for ultimately, they will have to leave everything behind A day will come when a person will be separated from all their material possessions People envy the wealthy for their riches and power, but they too will leave everything behind, and only their deeds will accompany them from this earth

***

One of the disciples failed in a spiritual experience and began to blame himself with regret and bitterness The teacher, Paramhansa, said to him:

Do not consider yourself a sinner, for if you do, you defile the divine consciousness within you Why associate yourself with your weaknesses? Instead, affirm this truth to yourself: "I am close to God, and He loves me" Pray to Him:

"My God, whether I am ungrateful or good, I am yours Awaken my remembrance and longing for you, O Lord"

***

The wise man Paramahansa said, after speaking to a conceited visitor who talked excessively about himself:

"The rains of divine mercy do not gather on the lofty peaks of pride, but flow easily down to the valleys of humility"

***

This Earth is like a large house that shelters one global family, its central warmth provided by the sun, illuminated by the same moon, and adorned by the same stars Its members breathe the same air, eat the same food, and drink the same water All human bodies are sensitive to pain and injury There is one thought behind all languages, and one human nature behind all the national characteristics and traits of all peoples

***

Lord, let me feel Your presence in every action I take Help me to dispel the shadow of fear that obscures the light of Your guidance And let the flowers of my longing bloom in the garden of my heart as I await the dawn of Your coming

***

I recite my prayers on the rosary of my longing, its beads tied with the thread of divine love

My beloved God, make me the nightingale of life that sings to You the sweetest melodies Let me create from my dreams of You and my longing for You

A ladder I climb to reach you

In the rippling lake of life, I behold your cosmic life I implore you to guide the rivers of my desires, flowing through the deserts of hardship, so that they may mingle with your cosmic ocean

***

Sin is anything that keeps a person unaware of God and unconcerned about Him

***

I am a trembling drop of your dew on the leaf of life and death, flowing towards your divine sea that has no shore

I am a wandering drop of your dew, finally returning to the heavenly home

I am a drop of your eternal dew dancing on the petals of the past, present, and future

I am a drop of your dew, intoxicated with love, gliding safely over the leaf of earthly temptations to mingle with the pure, pristine waters of your wisdom I do not wish to lose myself, but rather to expand infinitely by merging with your vast ocean Yes, I wish to be a drop of your dew, sipped by every lip thirsting for God

***

God understands you when everyone else misunderstands you He is the loving one who cares for you tenderly and is always compassionate towards you Others give you their affection for a short time and then abandon you But God never leaves you nor forsakes you

***

Willpower transforms thought into energy, and those who achieve remarkable success are people of unwavering will When a person cultivates their willpower, they do not succumb to adverse circumstances, no matter how great the difficulties they face, but rather constantly affirm to themselves that they will not be defeated in the battle of life

***

One of the arrogant rationalists tried to confuse the master Paramahansa while he was discussing complex philosophical issues, so the master said with a smile: "Truth is never afraid of questions"

The teacher said, "It is impossible for God to abandon or forsake us He works in secret in every way to help us and to accelerate our spiritual progress"

***

Great people accomplish everything through the power of focus granted by God, a power that can be cultivated through meditation When we utilize this focused divine power, we can achieve success and develop our body, mind, and spirit

***

Eastern peoples are, as a rule, spiritually inclined They view life philosophically and cultivate their natural tendency toward contemplation However, many Easterners spend their free time in idleness and laziness instead of pursuing spiritual knowledge, yet they still possess heightened spiritual awareness

***

When a person closes his eyes, he thinks that this whole world is nothing but trouble and misery, but when he opens the eye of wisdom and maintains his calmness and balance, he will enjoy this world just as if he were watching an enjoyable movie

***

To begin meditating:

Sit still, with your spine straight, and cover your restless eyes with your eyelids Keep them still Release your mind from the feeling of your body's mass, and relax the nerves attached to your heavy muscles and bones Forget the idea of carrying and moving a dense bundle of bones bound in coarse flesh

Relax, free your mind from the awareness of physical burden Don't think about your physical weight, but feel that your soul is liberated from the permanent attribute of being heavy Let your thoughts soar up, down, left, and right, into infinity or to any place you desire

Feel and contemplate your mental liberation from the body Dream, live, and feel this soaring As you remain seated in a fixed position, this freedom will steadily and continuously increase

Close the doors of your eyelids and halt the dances of sensual temptation Let your mind descend to the boundless and endless spring of your heart Keep your mind absorbed in your heart, which flows with vital blood, and keep your attention taut on its strings until you feel its rhythmic beating With each beat, feel the mighty pulse of life

Imagine the same universal life knocking on the doors of the hearts of millions of humans and billions of other beings

The ceaseless beating of your heart gently proclaims the presence of infinite power beyond

the gates of your knowledge The gentle pulsations of all-encompassing life whisper to you:

"Do not merely receive a meager stream of my life, but expand the scope of your senses and let me immerse your blood, body, mind, senses, and soul in the pulse of my cosmic life"

***

We should always think about what we are about to do and how it will affect us

Acting on impulse and instinct is not freedom, for the unsatisfactory consequences of misguided actions are shackles Things that our sense of discernment tells us are good and have sound outcomes should be done, for they bring a sense of satisfaction and freedom This wisely guided approach brings about good fortune and blessings

***

When the disciple realizes that he is in harmony with God, he rejoices in spirit and exclaims joyfully: "O Lord, I have not found anything in the world more wonderful and sweeter than you"

***

The wind is playing
And the tree sighs
And the sun smiles
And the river sways
And the earth exchanges its black starry robe
In a dazzling golden robe of light
And nature loves to show off its beauty
Changing the colors of the joyful seasons
And the gurgling stream always tries

To stammer about a profound thought inspired by the soul

And the birds yearn to sing and trill

With unknown things brewing in her heart

But man has the ability

To speak eloquently and clearly, and with new meanings

About the Master of the Universe

omnipresent

Which the rest of the creatures were unable to do

Regarding disclosing it and announcing his presence

***

The teacher Paramhansa found it necessary to discipline one of the pupils for a serious mistake, and later he said with a sigh:

"How I wish to influence others through love alone, for my heart breaks and aches when I find that there is no way to avoid training them in any other way"

***

In the sanctuary of contemplation, I light two candles: the candle of dawn and the candle of my awakening Exquisite garlands of my fervent longing encircle the feet of Your all-encompassing presence The fragrance of Your love, blossoming in the pot of my heart, permeates every corner of my life The shadows of my fears and illusions have vanished at the mere radiance of Your light, O God, who has awakened me forever from the dreams of this fleeting existence With perpetual vigilance and

fervent eyes, I will gaze ceaselessly upon Your infinite face, contemplating its unique and ever-present expressions!

***

When anger or hatred takes hold of a person, they adopt an unhealthy nature A person consumed by anger loses control of their emotions and may harm others Therefore, it is a mistake to allow violent emotions to control and dictate one's actions, for doing so imprisons oneself in a cell of harsh tempers and harmful dispositions, which are the source of all depression and psychological distress To escape these uncomfortable states of mind, one must dissolve these feelings and emotions that are so closely tied to physical consciousness Meditation [that is, turning to God with heart, soul, and mind] is the way

***

Confirmations:

I will guard my thoughts and words so that only what is beautiful and true emanates from them I will proceed with complete faith in God, knowing that His power flows through me, that His omnipresence encompasses me, and that His care watches over me

Lord, I have pierced the veils of matter and found Your love, and I now realize that I am a vehicle for expressing the cosmic mind and spiritual beauty I will dedicate all my strength and abilities to revealing Your divine will

Whenever I think of you, a surge of burning longing rises within me, stirring my emotions and

coursing from my heart to every cell of my being, filling it with divine love My deepest desire is to reach the very core of your being and revel in your presence Suddenly, the door of my soul opens, and oh, the joy that overwhelms me at the sight of your radiant light!

***

By uniting with you, O All-Encompassing Spirit, I will become the very pulse of cosmic life I will swim in the sea of souls and dance upon the waves of sacred human emotions, showering all with blessed joy I will unleash a universal torrent of sublime aspirations

I will be all the tears shed in compassion for others I will be present in the golden silence of saints and the blossoming hopes of rosy minds O faithful grantor of wishes! When my eternal spark mingles with your infinite light, I will twinkle in every eye

***

In the summer days of life, I gather the nectar of emotion from the sweet blossoms of virtue that bloom in the gardens of kind souls, and I store in my heart the distilled essence of towering basil of forgiveness, the delicately fragrant buds of humility, and the rare, tender lotus blossoms of thought And when the cold snows of winter's trials and the painful pain of earthly separation lash around me, I seek warmth and solace in the nectar stored in the cell of my heart In that cell, blessed by your presence, I often find the divine bee

sipping the sweetness of my aged longings, and I feel tranquility, joy, and comfort

***

Having material wealth without inner peace is like dying of thirst while swimming in a lake If material want must be avoided, then spiritual poverty must be despised, for it is the root of all human pain and suffering Wealthy parents who leave large sums of money to their children often stifle their psychological growth and hinder their development and happiness, which depend on their own efforts

On the occasion of Smile Day:

In a difficult moment, I heard your voice, my cosmic mother, whispering: "The sun of my protection shines equally on your brightest and darkest hours Do not worry, my child, but believe and smile! Let my healing light shine through your transparent smiles By being happy, my child, you make me happy and satisfy me!"

***

Oh, Lord,

The breezes of your inspiration have dispelled all the clouds from the horizon of my mind, which now appears pure and clear With purified eyes, I see you alone everywhere The rays of your blessed sun penetrate the deepest recesses of my being, and with the hunger of ages, I am nourished by your blessed light

***

The teacher Paramahansa said to a group of disciples:

"When you delve deep into divine consciousness through the spiritual eye, you will see the fourth dimension glowing with the wonders of the inner world It is difficult to reach that state, but what a wonderful and joyous state it is! Do not be content with obtaining some peace in your meditation, but yearn with all your hearts for the peace of God and thirst for His bliss"

***

What the world needs is brotherly love, unity, equality, and a heart filled with love for God and observance of His moral laws Troubles and hardships arise from a person's lack of awareness of their past actions, committed in a particular place and time Their current suffering stems from thoughts and deeds they have uttered, which have taken root in the soil of consciousness, sprouting into a plant and bearing fruit that reflects the very nature of those thoughts and actions

***

The temple that God loves is a temple of tranquility, peace, love and beauty, and whoever enters that temple will be enveloped in spiritual serenity and will touch the divine presence

***

One should engage in constructive activities to improve oneself and benefit others, and whoever wishes to know God should try to do good and help others as much as possible on a daily basis

***

Outward behavior reflects a person's inner life External luxuries cannot bring happiness, because

happiness depends on how well a person controls themselves and the course of their life

***

When I wake up each morning, I make some positive resolutions and promise myself that I will carry them out Then I review those resolutions throughout the day and motivate myself to accomplish them When I find that I have achieved what I promised myself, I feel victorious Such self-resolved commitments sharpen determination and strengthen willpower; otherwise, a person might find themselves swept away by turbulent emotions and ruled by negative feelings

***

Friendship should begin at home If you find someone in your family who is particularly compatible with you, nurture that friendship first Then, if you feel drawn to someone you know who shares similar values, cultivate that friendship All selfish desires and personal calculations should be eliminated, and friendly relationships with good people should be strengthened

***

Those who love God are my true brothers and sisters I pity the ignorant and avoid the company of the arrogant, but I feel close to those who love God and am happy to communicate with them

Divine love cannot be described, but it can be experienced when the heart is purified and longing for the cosmic Beloved intensifies When the mind

and senses are directed toward God, spiritual joy flows abundantly from the wellspring of the heart

***

Deep in my heart, I have built you a secret throne The candles of my joy are dimly lit in anticipation of your arrival, and they will shine brighter when you appear

***

Indulging in gloomy moods is a slow death, while trying to feel cheerful and optimistic every day despite all the turbulent and distressing trials is a new spiritual birth

When you find God, you will experience true and lasting contentment Human friendships may unravel and fray, but God will never abandon you Even if everyone else forsakes you, if God is with you, you possess everything in this life and have won the fullest and most abundant share

***

Master Paramahansa said to one of those who doubted the possibility of seeing divine light:

"If you doubt, you will not see; if you see, you will not doubt"

He said to a group of procrastinating students:

"You must organize your lives and manage your time God created order; the sun rises until sunset and the stars twinkle until dawn"

***

Most of the time, people speak and act according to their own point of view, rarely seeing or attempting to see things from another's perspective If two people get into an argument

that escalates into a quarrel and then a fight, the blame lies with both of them, regardless of who started the argument Those with insight and wisdom approach matters logically, rationally, and with understanding

***

I will rise at dawn and awaken my sleeping love, that it may stir in the light of true devotion to the God of peace within my soul O Lord, in an unseen temple built of the flint of devotion, accept the humble offerings of my heart, renewed daily in supplication

***

Protect yourself in the stronghold of wisdom, the greatest sanctuary Perfect understanding will take you to a place where nothing can harm you

***

The teacher Paramahansa said to a group of disciples:

"Repentance does not just mean regretting a mistake, but refraining from doing it again When you truly repent, you resolve to leave evil without returning to it The heart is hard and does not soften easily Soften it with prayer and supplication, and divine blessings will descend upon you"

***

We often find some breadwinners or providers in the family, whether fathers or sons, and in some societies mothers or daughters, who show an authoritarian tendency because of the feeling that they are in a position that entitles them to control and impose their opinion

These petty dictators must not unleash their anger on their family members, who need and depend on them For if they do, they will lose the respect and esteem of their loved ones

***

To say that someone is weak-willed from birth and cannot become strong is a false statement, as there is a possibility that such a person can become great and accomplish wonderful things in all aspects of life

When a person is able to make others feel his love and good intentions, his love will expand and blend with the universal love that flows in all hearts

***

In the tranquility of the soul, and in the grove of mental focus and growing longings, there is no end to divine love, and blessed is he who feels the blessed presence and tastes the nectar of union

***

a prayer:

Lord, grant me the trust of innocent children in You and complete devotion to You Bless me so that I may feel Your nearness behind my prayers, experience Your presence in all my emotions, and realize that Your enlightened wisdom sustains my understanding and knowledge

***

After the teacher Paramhansa praised one of the students, he added:

"When you are told that you are good, you should not stop striving to become even better than you are Your continuous improvement will bring happiness to you and your loved ones alike"

***

If contemporary world leaders were enlightened and worked together, they could eradicate war and poverty within a few years Only spiritual awareness (a sense of divine presence) can save the world, and without it, peace cannot be achieved Humanity must begin with itself, for time is too precious to waste, and it is humanity's duty to play its part in bringing God's kingdom to Earth

***

Friendship is the universal spiritual attraction that binds souls together with the bond of divine love and brings them closer to one another, so that hearts quench their thirst and souls rejoice in tasting heavenly love flowing through human channels

***

He who cultivates his love for God and strengthens his relationship with Him in times of happiness and prosperity will find God near him when he needs Him, but he who procrastinates and does not care about strengthening that relationship will have to face his trials on his own

until he is able - with wisdom and complete submission - to find the Supreme Companion

***

The entire world is drowning in a sea of confusion and loss due to insatiable and unquenchable greed Greed and avarice breed wars The true hero is he who conquers himself in the battle of life Money, fame, lust, and everything that contradicts this principle are detrimental to our peace and happiness

***

God appears in the tranquility of the soul, and we sense His presence through an overflowing feeling of joy, so that our spiritual wishes are fulfilled and our longings and love reach their goal

***

Unless spiritual knowledge is developed in a manner that parallels the progress of natural sciences and technological innovations, individuals and nations will be lost in the labyrinths of misery and destruction

***

God wants us to come to Him and get to know Him, but most people are unwilling However, when the world darkens in their eyes and they fall into the traps of problems or become prey to illness, they hasten to plead with Him and ask for His help

***

Many hesitate to seek God, believing that if they do, life will become bleak, devoid of joy and beauty But quite the opposite is true The pure

happiness I experience in perfect harmony with God is indescribable; I live in a state of spiritual joy day and night This joy is God's blessing, and knowing God means liberation from misery and a feeling of peace and contentment

***

The key word for most people in this life is "me" Those with a spiritual disposition and inclination think of others as much as they think of themselves Those who think only of themselves bring upon themselves the enmity and resentment of those around them But those who consider the feelings and interests of others find that others think of them and consider their feelings

If there are one hundred people in a town, and each one tries to take from the others, then each one will have ninety-nine enemies But if each one tries to help the others, then each one will have ninety-nine friends

I lived that way and lost nothing by giving to others In fact, everything I gave returned to me multiplied by God's grace Now I yearn for nothing because what I possess deep within me is greater and more precious than anything the world could offer What a person truly seeks is happiness, and once happiness is attained, the need for the circumstances that lead to it disappears

***

When you send out good intentions to others, your awareness expands When you think of your neighbor, a part of your being is activated along with that thought But thinking alone is not enough;

we must be ready to put our thoughts into action Altruism brings its practitioner many blessings and great happiness, because through altruism, one preserves their own happiness My goal is to make others happy because my happiness is derived from their happiness

***

Thought is the source of all problems and the wellspring of happiness Man is stronger than all his experiences because God has given him the power to control his mind and body, and his mind should not be poisoned with negative thoughts

***

Those who are in harmony with God can overcome life's greatest and most daunting challenges And while this universal dream may sometimes seem like a nightmare, when we are in harmony with God, we find ourselves free from that nightmare

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There is a type of bacteria that is born, multiplies, and dies in just two hours This type of bacteria accomplishes in a single day, or even less, what humans would need to accomplish in a long period of time, perhaps eighty years

The seventy or eighty years we live are but a fleeting moment in eternity From a relative perspective, everything that happens to us occurs at roughly the same rate as it happens to the bacteria mentioned above

Therefore, we must not waste time, nor allow desires and whims to control us, and we must also avoid doing what our conscience does not approve of When a person becomes master of themselves, their thoughts, feelings, and actions, no one or nothing will be able to influence them

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Life lies dormant in the rough earth, dreams of beauty in flowers, and awakens powerfully in animals and in human consciousness, realizing its unlimited potential

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The wise say:

The fruit of good deeds motivated by love of God and virtue is harmony and purity The fruit of deeds motivated by selfish desires and ambitions is pain and suffering The fruit of evil deeds is ignorance and folly

Good deeds bring happiness, while worldly actions driven by self-love lead to suffering and pain Continued evil deeds, on the other hand, destroy a person's capacity for discernment and understanding

Some write the sage's name as follows: Paramahansa or Paramahansa Yogananda

From the bottom to the top: A success story

More lectures by Master Paramhansa Yogananda

At the following link:

wwwswaidayogacom

(This is a true story translated about a person who was constantly failing, but by practicing creative thinking and positive affirmation, he was eventually able to overcome the reasons for his failure and was able to harness success to his will)

Just as there are people who are successful by nature, there are also people who fail by habit

My friend and student (S) was a failure from birth It is true that he was an intelligent, diligent and eager boy to earn money, but as soon as he thought about a job or career, the factors of failure surrounded him from the beginning

One day he came to me empty-handed, pursued by creditors, abandoned by friends, asking me for advice

I asked him about the reason for his troubles, and he said:

"Sir, I am a failure For some reason I don't know, as soon as I start a job, I lose it, and the place I work for is also harmed The employer loses his business shortly after employing me Therefore, I have become afraid to look for work for fear of disrupting the interests of the employers who will employ me, due to my failing instability I am certain that I will inevitably lose my job because the company that will employ me will declare

bankruptcy and close its doors, and dismiss me as a result Therefore, I have no right to cause the destruction of other people's businesses simply because of my connection to them"

I managed to find him a job at a small company and asked him to repeat the following affirmation to himself every evening, before going to sleep and also upon waking up:

"Day after day and every day I am becoming more and more successful in my field of work"

A month passed, and (S) warned me: “Sir, the company you employed is becoming unstable and its situation is not promising I beg you to get me out of it before it collapses completely, because I will lose my job anyway when the company fails But my resignation now might spare the company the inevitable and ominous fate due to my unfortunate vacillations”

I laughed, paying no attention to what (S) said, and instead asked him to continue to emphasize his point and keep his job Weeks later, he came to me one evening and said with a sigh:

"What I feared has happened exactly"

She asked him, "What happened?"

He said, "The company collapsed just as I told you and as I predicted"

I said to him, protesting: "Isn't it true that when you were assuring yourself, 'Day after day

and every day I am becoming more and more successful in my field of work' you were actually repeating those words like a parrot? And that an octopus of doubt kept holding onto the folds of your brain so that you were saying to yourself: 'You fool, your situation is getting worse no matter how much you try to convince yourself of success!'"

He replied: "Yes, indeed that's what's actually happening"

(S) advised getting rid of the vibrations and heavy negative thoughts as soon as they appear in his mind, especially during the repetition of the positive affirmation, because the conscious mind with a firm conviction can influence the subconscious or unconscious mind, which in turn, through the law of magnetic resonance, affects the conscious mind by the power of habit

I added: “The frequent affirmation of positive thoughts and habits until they permeate and take root in the subconscious mind is sufficient to remove inherited or acquired subconscious mental barriers There is no way to succeed as long as thoughts and feelings of discouragement and frustration are entrenched in the conscious or subconscious mind Among the conditions for success are possessing creative ability, favorable circumstances, and innate tendencies If you are able to touch the higher consciousness with its unlimited capabilities, then you can create new opportunities for that success that is still eluding you and that you are unable to grasp”

And I was able to help (S) get another job, bigger than the first But after six months (which was the longest period our friend spent working), he said to me one afternoon: “The company’s situation is rapidly deteriorating, so please get rid of me quickly”

I paid no attention to his concerns, but asked him to continue with his work A few weeks later, (S) said to me with a smile: "The second job you arranged for me, sir, has gone with the wind!"

I said calmly, "Don't worry, I'll find you another job"

He replied: "Well, sir, as long as you take it upon yourself to bring down another company because of my association with its owners, I have no objection"

Through persistent effort, I found a very good job for (S) at a large company A year passed and nothing happened, although (S) tried every week to leave the company for fear of it being destroyed like the previous ones

Finally, I asked him to invest his money in his own business, and he became frightened and stared at me in amazement, saying: "Is this what you advise me to do? Don't you think I will lose the money I have painstakingly accumulated if I invest it?"

She confidently assured him: "You must invest your money and energy in a good project, such as

a local catering center that does not require a huge investment, and I am confident of your success"

Within a few years, (S) became the owner of many properties and large warehouses

Once he was convinced of his success, he found himself successful in everything he did One day he said to me, laughing: "Thanks to God and your help, I have transformed from a failure into a successful man I overcame failure and realized that my continuous failure was indeed due to a lack of understanding of my duty But I don't know how I managed to succeed after I destroyed the work of others because of my failed vacillations"

So I explained to him: “You did not cause the destruction of the interests you were working for The law of attraction that governs people, based on similar vibrations, works negatively or positively (like attracts like)

Your inherently flawed nature drew you to companies that were already on the verge of collapse, and vice versa So, you were a failure, and the companies were also on the brink of collapse According to the law of mutual attraction, you and those companies tumbled down the hill of failure and crashed into the rocks at the same time

The moral of this story is that true success lies in creating what one needs through willpower by awakening the limitless power of higher consciousness This power can be awakened by

learning the correct way to meditate and think positively and creatively in order to gain health, success, wisdom, and happiness

Peace be upon you

From the threshing floors of the soul

Do you know why some people are unable to obtain

What do they seek in life through legitimate means, no matter how hard they try?

Firstly, because most people work with lukewarm enthusiasm

They only use a tenth of their attention

Therefore, they do not have the power to achieve success

In addition, the cause may be due to wrong actions

They committed it in the past, and it caused them harm

With chronic cases of frustration and failure

But you never have to accept

Karma's constraints and limitations

You shouldn't believe deep down that you

Unable to achieve your goals

When you fail to achieve your goal

The reason often lies in convincing yourself

That you are not competent to achieve what you aspire to

But when you convince yourself

That you possess limitless powers

You can achieve many great things

Connecting with God changes the vibrations of consciousness
It opens the mind's pathways blocked by worries
Excessive preoccupation with material things
It adds a spiritual dimension to thought and feeling
As a result, the shackles on the will are broken
And a horizon of freedom and sound vision emerges within the soul
This is a spiritual law that works precisely for the benefit of all who use it
When the rays of thought are focused without scattering
God's great power comes
And thanks to that power
You can achieve spiritual, psychological, and material success
I have drawn upon that blessed power
Time and time again in my life
And I know for certain that God's power never fails
You can do the same thing if you wish
Other forces may bring some success
It is a success that does not last
But when the mind is charged with divine magnetism
A great light will emanate from it
Divine presence is shown
The one that has no equal
Those in the know say

Divine knowledge cannot be acquired by studying scriptures
Nor by intelligence and shrewdness
Not even by delving into philosophies
Rather, it is by divine grace that the sweetness of that knowledge can be tasted
Only the pure of heart choose God, and He chooses them
And by His grace they can see His light
Philosophers and theologians must know and acknowledge
That God's nature is infinite
It cannot be comprehended or examined
With the limited vision of narrow-minded thinking
To know God, we must experience His presence ourselves
God reveals himself to those who love him
As a feeling of supreme spiritual bliss
Human consciousness is overwhelmed
And it brings with it an unequivocal confirmation of the existence of a higher truth
Exceeding familiar human experience
No amount of logic or theology can
That this amazing test
Because spiritual experience is based on inner feeling
And the intuitive perception of a gentle dimension and a radiant, dazzling light
To obtain that mystical experience
Divine love is essential
Serious contemplation of God

In the solitude of the blessed soul
The ocean of the soul has become a small wave of my own psyche
Indestructible
And whether she appeared on this earthly stage
Or it became hidden after death in the realm of cosmic consciousness
For I am an eternal, immortal consciousness
Protected in the embrace of eternity and the fortress of the Supreme Spirit
Today I will do something useful for others
I will do what I can for the hungry
I am safe and secure behind the walls of my peaceful conscience
The old darkness has been burned away
I am only interested in today
I am a spark of the light of the greatest good
And I want to be a beacon
For the souls whose ships sank and were wrecked
In the sea of sorrows
Today I feel God in the tremor of peace
Which touches the strings of my heart, in harmony with universal love
And on the throne of calm, tranquil thoughts
May the God of peace bless my work and make my affairs easy
Today I will guide my brothers and sisters
To the Gate of Peace
Leading to the Temple of God
I will work to comfort the grieving

And their souls are content
And I will rush towards the horizons of freedom
By giving up all restrictive desires
And holding fast to the desire to draw closer to God
Which brings contemplation to its masterpieces
And to the kingdom of my love
I will invite people of all races and ethnicities
So that they may come and live with me
In the radiance of divine love
Eastern Treasures
East-West Magazine
Golden opportunities
Life is worth living
It offers golden opportunities to get to know oneself
Renewing his awareness and defining his place on the map of existence
And working to achieve the purpose of its existence
This knowledge energizes the mind and body
And fills the heart with a surge of vitality
He overflows with joy and leaps with delight
This is what the Creator of mankind wants for mankind
Some believe that life is full of boredom and weariness
Many people are bored and fed up
But boredom means losing oneself
For connection and communication with the life operations room

In order to make life enjoyable
A person must remove and eliminate obstacles
Which stands between him and his organic unity with life
If you were to return your thoughts to the era of childhood
Perhaps you remembered that you were then
Full of renewed energy and joy
You had a strong desire to move
Jumping, playing, and doing many other things
You were then a recent arrival from the ethereal world
And directly related to the heart of life
And the wires of communication between you and life
High degree of smooth and efficient performance
Because you brought with you an awareness of simplicity
Joy, happiness, and spiritual freshness
When she reached adulthood
You lost a considerable amount
From those energies and feelings
But from time to time
Familiar thoughts come to you
And the breezes of longing blow upon you
It brings back some flashes of memory
From the distant past
When you wake up in the morning from a peaceful and deep sleep
You feel comfortable and happy
Until the distractions of daily life assail you

It occupies the greater part of your consciousness
And it becomes more real and urgent than others
Despite all the difficulties, contradictions, and frustrations
A person must work on communicating with themselves
Rich in countless treasures
This is what makes life happy and glorious
Cheap ideas and actions should be avoided
And not getting caught up in the trivialities of worldly life
Because once it is established in consciousness
It clings to brain cells
Until peace and harmony are banished from the soul
And with them, refined ideas and pure visions
Therefore, it is necessary to get rid of those incompatible energies
From thought and casting out unfriendly feelings from the heart
So that the rays of light may reach them
Currents of health, energy charges, and blessings
Amazing paste
Inspired by the teachings of Master Paramhansa
Ideas are like pieces of clay that can be shaped into either dice or sea snakes, but with the hardness of flint

Every person has the potential to be the engraver of their life and the sculptor of their destiny

Let him take a handful of this amazing paste and make a wonderful work of art from it, and he will receive an abundance of happiness

Lightning flashes across space are difficult to focus and channel into wires to illuminate homes and streets, but this has been achieved

It is not easy to summon and concentrate the unseen forces of the universe into a system It protects humanity from pitfalls and shields them from evil, if that is possible Despite the existence and power of evil, light also exists, and good is stronger and more enduring than evil because it is supported by the eternal and lasting truth, which is the strongest force in the universe and will ultimately prevail

Focusing on positive, benevolent thoughts means creating an effective connection, or forging a clear channel, between the mind and the source of universal positivity, which is goodness itself The more one thinks of goodness, the more its vibrations are drawn into the mind and body These vibrations have the power to modify many psychological and physical states, and are so powerful that they automatically dispel discordant vibrations that are inconsistent with the individual's psychological and physical makeup

When a person says, "I'm tired," the feeling of tiredness becomes powerful because it's acknowledged, thus limiting activity and blocking

energy flow However, if they say, "I need rest," they open themselves up to vital currents that refresh both mind and body, and may even experience a surge of energy during a short period of rest

Frustration, which causes a distressing psychological state, can be avoided by not focusing on it, recalling a pleasant experience, or thinking about people you love, trust, and feel comfortable with, while being certain that frustration is a passing summer cloud, no matter how dense and ominous it may seem

The difficult circumstances that a person goes through should not be ignored or underestimated Rather, these circumstances must be dealt with realistically and shrewdly by seeking an effective way to loosen their grip and mitigate their effects

This does not mean dispensing with the services of therapists who provide numerous and valuable services through their expertise and advanced scientific methods; rather, positive thinking helps to plant the seed of healing in the body and thus becomes one of the means of treatment

Similarly, instead of saying "I am sick," the focus should be on the need for healing This attitude makes the mind and body more receptive to healing methods and energy, opening the pores or channels that this energy needs to flow into cells and tissues, repairing unhealthy and incorrect conditions, and recalibrating the body's delicate machinery Thus, a person accustomed to frequent

bouts of weakness and fatigue will find, over time, that positive thinking helps reduce the number of these episodes, leading to a feeling of renewed strength and an abundance of well-being, with the help of God, the Healer of all ailments and diseases

The harvest of hatred

Nasi and Zakir hated each other, and their fights began when they were young students in school, and when they grew up Their animosity grew, and they became rivals in the shoe-selling business

Once, they competed for a girl's hand in marriage, and since Nasi was slightly stronger than Zakir, he beat him severely and left him unconscious When Zakir regained consciousness, he was overcome with shame, regret, and disgust at what had happened to him

Years later, Zakir decided to move to a city to work and live

Nasi had forgotten what had happened, but Zakir could not erase from his memory the humiliation and embarrassment Nasi had inflicted upon him Nevertheless, he kept repeating and affirming to himself: I will forgive Nasi and I will not remember his offense against me

But after several months, Zakir realized that during his daily pronouncements of forgiveness, deep down he wished for revenge and was waiting for an opportunity to strike back and quench his thirst for vengeance

After a while, Nasi felt a strange pull drawing him to the city where his old rival, Zakir, had

moved He had no doubt that something was about to happen Zakir, however, knew of Nasi's presence in the city and began to meticulously monitor his movements

One evening, Nasi went for a walk and to "smell the fresh air," even though the weather was gloomy and rainy

As he walked alone on a secluded road, he passed by an open-air warehouse, while Zakir followed him stealthily and cautiously When the opportunity arose, he decided to settle the account with compound interest

Overjoyed, he discovered a solid tile that had fallen from one of the storeroom walls He seized it and struck his former rival hard on the head, knocking him to the ground, then stormed back the way he had come, unaware of his presence

Hours later, the rain stopped, the clouds parted, and a ray of moonlight appeared through a hole at the top of the wall Nasi woke up to find himself lying on the ground, extremely weak

He tried to find out what had happened, and seeing a tile beside him and a hole in the wall above it, he concluded that while walking alongside the warehouse, his bad luck had led to that tile falling from the top of the wall and crashing down on his head

The moral of this story is that humans tend to forget the wrongs they have done to others, even though the consequences of actions are unforgettable, and their repercussions silently pursue them in the darkness of ignorance Just as a

cow can find her calf among thousands of others, so too do the consequences of our actions have the power to persistently track us down and pinpoint our location, even after a long time

Had Nasi possessed wisdom and attempted to resolve the dispute with his rival Zakir and apologize to him after that incident, he might have lessened his opponent's anger and matters would not have escalated further

But things remained unchanged, and the seeds of dire consequences grew and flourished in the womb of a dark future, culminating in a disastrous birth To avoid unpleasant surprises, the seeds of evil conflict lurking in the soil of the mind must be burned, and foresight must precede action, for the universal law dictates that one reaps the fruits of one's deeds, whether good or evil, sweet or bitter

Let us remember that every action leaves traces that are stored as tendencies and inclinations in the mind Unless these are dealt with wisely and prudently, they will lead to potentially dangerous consequences However, when the seeds of evil actions are burned by the fire of wisdom, they will be unable to grow again

The meaning of raising awareness

early life

The soul tampers with the physical machine

Until she becomes completely bound to it

That's why we have to live

So that the body's demands do not overwhelm us

We do not feel constrained by material standards
Mental growth is a product
For physical growth or development
According to natural evolution
The same soul is emanating
By rising to the mental level
Or the level of creativity and abundance
Thus demonstrating unique talents
Which distinguishes humans
About all other creatures
Then it ascends
To the level of spiritual knowledge
Which gives meaning and value
For material prosperity
mental achievement
There is no doubt that intellectual achievements are beneficial
Because all good things are valuable
And gradually we realize that the next stage
It is raising body awareness
To spiritual awareness
Through spiritualizing the body and mind
By not wasting the body's vital forces
And focusing the light of the mind, the scout
On the essential matters
Until they become
An effective and harmonious method
The soul can through it
expressing herself
And showcasing her talents
And activating its spiritual powers

Spiritual emancipation means liberating the soul
From the cage of ignorance
And raise it to the level it deserves
And freeing it from the constraints of limited awareness
Human life is often very beautiful
But attachment to it
It's like a bird of paradise clinging to its cage
So that if you open the cage door
The bird hesitates to leave
Due to habit and the length of time spent inside the cage
Isn't that surprising?
The bird does not want to leave its narrow territory
To the freedom of infinite space
From whom did he come?
This applies to us as well
Because we lived for extended periods
In the physical cage
We fear his departure to broader horizons
But wisdom dictates that we
Freeing the Bird of the Soul
From the cage of restrictions
And releasing it into the boundless realm of consciousness
They will taste inner joy once again
The law of motion is based on the law of cause and effect, or action and reaction
The person born good in this life was so in a previous incarnation {because of what their hands

have put forth} and if he strives to do good, then the scale of good will tip more and more in his favor (to him who has, more will be given and more)

Those who possess only a few good qualities may lose even that little due to the evil tendencies that attack and overwhelm them

A person inclined towards evil must have possessed that evil tendency in a previous life, and these evil inclinations may intensify and control them Those who have some wrongdoing tendencies were like that before, and if the good outweighs the bad, then the virtuous qualities will drive out the wrongdoing tendencies from their souls

This is the natural working of the law of cause and effect (karma) However, one should not feel helpless and trapped if one happens to have undesirable habits that one wishes to get rid of Now is the opportune moment to conquer those habits by cultivating past resolve and sound thinking

A person can free themselves from the grip of bad habits and create good habits in thought and deed, which will bring them the desired results

No matter how deeply ingrained bad habits may be in a person, they must remember that they themselves created those habits through the repetition of specific thoughts and actions, and that they can replace those bad habits with good ones through positive and constructive thinking

Good and evil thoughts are contrasting states of human consciousness Naturally, it is better to have pleasant dreams than to suffer terrifying nightmares Consciousness is flexible and sensitive; it can assume any state it desires or dream the dreams that appeal to it However, the problem with people is that they allow their realm of consciousness—of their own free will and choice—to be governed by deviant tendencies and erroneous orientations born of past habits Thus, their powers of discernment remain fugitive and adrift, as does the metaphysical guardianship entrenched behind the fortresses of discernment and perception

When those intoxicated by harmful habits taste the bitterness of the pain caused by an unnatural life, they will turn to the light of understanding and righteous living in search of salvation, no matter how entrenched and destructive their bad habits may be

Then, if they work on developing and nurturing good habits through practicing harmonious ways of living, they will rediscover inner joy and enjoy peace as a natural outcome of self-control and cultivating good habits

We ask God Almighty to grant us the help to free ourselves from all constraints and to guide our thoughts in the right and beneficial paths

Spiritualizing consciousness

Some people spend their lives
With a dull mind and little understanding
They eat and they sleep

And they enjoy some pleasures
They rarely think deeply
In fact, most people
They don't reach a sufficient depth
In the sea of spiritual ideas
Because they are convinced that the material world
It is everything in existence
But this life
It's just a fleeting dream
So why the rush and the panting?
And trying to win the world's favor?
Isn't it better
Trying to please God first?
Animals do not have free will
Because God bound her with her instincts
But he instilled wisdom in man
Humans possess freedom
Either to rise or to fall
Choosing either good or evil
When consciousness is immersed
In rough sensual pleasures
It is dominated by dense, dark concepts
He falls from the paradise of happiness
He loses the sense of spiritual bliss
And the soul's insight is blinded
She cannot find her way to God
But it is possible to spiritualize consciousness
By contemplating God
And sincere and profound supplication to Him
So that the blessed door may open
Leading to the Kingdom of Light and Bliss

latent in the deepest recesses of consciousness

From the treasury of the teacher Paramahansa

Sentiments and guidance



Teachings of Master Paramhansa Yogananda

When the heart is with someone

It draws him towards it

All the qualities of that person

Who thinks of good people?

Their kindness is passed on to him

And those who focus affectionately on inspirational figures

Inspirations come to him

And whoever accompanies, even in thought

People of conscience

noble morals

And the noble intention

He shares their nobility and morals

Because thought is polarizing like a magnet

Like attracts like

Have a good day and peace be upon you

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Everyone is looking for lasting happiness

Don't turn to ash in your hand
This research leads to much
From illusions, problems, and disappointments
Humans seek renewed happiness
It does not wither, diminish, or disappear
And man learns from his experiences
Earthly happiness is happiness
Short-term and not permanent
He often discovers that after finding what he is looking for
He is still not satisfied with what he has achieved
He then seeks to fulfill another desire
Without finding the desired happiness
However, he tries again
Back to square one and so on!
True joy is the joy of spiritual realization
The joy of contemplating God and communicating with Him
The joy of peace and tranquility of heart
The joy of divine love
And loving others with that love
And the joy of a firm, unwavering feeling of certainty
That the soul is immortal
And that her happiness accompanies her
Even after leaving
This temporary earthly existence
***
Lord, help me
So that I may find my joy in you
I hope to enjoy the world

And by performing my earthly duties
And teach me how to refine my senses
So that you can distinguish between good and bad
So enjoy only what is beneficial and good
Let me enjoy earthly pleasures
Spiritual enjoyment nourished by your pure joy
And help me to make you
An integral part of my life
And an essential element for carrying out my daily activities
I feel that you are with me
Always
And on every level
***
human will
It is a reflection of the divine will
And when it is guided by wisdom
Her power becomes unlimited
Divine will governs cosmic energy
To benefit from cosmic energy
Whose stock never runs low
Its supply never runs out
It should be transferred to the body
Through the wires of positive thinking
and actual harmony
With the divine will
***
Great teachers don't advise laziness and negligence; rather, they teach the path of balance
It's natural for a person to work to sustain their body and provide for their clothing and food

However, if one's duties are allowed to contradict or conflict with others, then that isn't a true duty

There are thousands of businesspeople preoccupied with accumulating wealth, yet they remain oblivious to the pain and heart problems they inflict upon themselves If the pursuit of luxury causes one to neglect their duty to maintain their health, then it is not a duty at all

A person should grow in a harmonious and balanced way There is no point in focusing too much on developing a strong body if the brain within that body is weak The mind must also be developed

Anyone who has good health, a comfortable life, and great mental strength, and yet still lacks happiness, has not yet succeeded in life

Whoever can say, "I am happy and no one can take away my happiness," has reached the pinnacle of success and found the blessed image within himself

Man should be proud that God created him in His image But if he boasts, becomes angry, or is easily provoked, and looks down upon others, and if he departs the body in that state of mind, he will not feel close to God

Once, one of God’s men was bathing in the river when another man came and began washing his horse near that righteous man, deliberately and carelessly splashing him with water The saint’s disciples became agitated and wanted to strike the aggressor and drive him away, but their teacher told them, “Do not do that, but leave him alone”

Suddenly, the horse kicked its owner, breaking and knocking out several of his teeth The good man lovingly approached him and began to care for and heal him It was the strict law of nature, not the saint, that punished the sinner

God and His universal laws work tirelessly and continually to alleviate the suffering of all who trust in Him, seek His help, and support and encourage one another on life's journey {And God is ever ready to help His servant as long as the servant is helping his brother}

Other things can wait

Everything exists because God exists And because He exists, we exist, and thanks to His goodness and existence, we possess the prosperity and joys of life Therefore, our gratitude to God should be profound and our thanks immense, for He says, “If you are grateful, I will surely increase you [in favor],” and we should thank God without ceasing

God’s importance to humankind is unparalleled, yet most people place the utmost importance on material life and therefore are not truly aware of God

Material duties and social obligations must be fulfilled while thinking of God, because the Angel of Death – may your lives be long – snatches away the inhabitants of the earth every day, one after the other, and we may have to leave this mortal house at any moment

We must conduct our affairs in this world with a clear conscience while keeping our thoughts

connected to God I strive to serve everyone, but when I am alone in contemplation, I do not allow anyone to disturb my reflection Other things can wait, but we must maintain a daily appointment with God, who has given us everything we need on this earth

While His Honor the Judge was issuing his final decision regarding a delicate matter that meant life or death for another person, at the same moment he was thinking about domestic problems that had happened to him that day and was upset because his rule at home was not enforced!

If such a judge issues an unjust ruling that would lead to the death of an innocent person due to a lack of concentration, then he, in turn, will stand accused and condemned before the Supreme Judge, the Judge of all sins: the universal law that knows no favoritism and in which there is no place for nepotism

A considerable number of people are ineffective at making money and unsuccessful in business management

They lack the wisdom to discern matters because when they are at their workplaces they think about their domestic troubles, and while at home their minds are preoccupied with work concerns

Therefore, one should not focus on more than one thing at a time

***

Once upon a time, during the day
I came to the chamber of consciousness

And the windows of melodies opened
The sights, the fragrance, the taste, the touch
And I asked for the most delicate melodies and the most beautiful colors
So that she may come and sway before me and dance
Sometimes I laughed and sometimes I cried
When my eyes tear up
The wounds of experience pain me
Close the door of the senses
And enter an unlimited space
In the world of sleep and dreams
There I lie down in peace and relaxation
Under the blanket of darkness
After I have had enough rest
From sleep, I open another door
And enter the dream chamber
So I watch experimental and research films
In the cinema of the unconscious
Where I work as I please
And I weave velvet dreams of sweet mementos
On silk curtains
On it, write the name of the beloved cosmic
But when I am outside these two chambers
Sometimes I consciously venture into the unknown depths of the universe
Overcoming the darkest, most oppressive darkness
Crossing the deep valleys
Reaching the shores of eternal space
There in the world of oneness

No duos, no dreams
No annoyances, no pain
Rather, a comprehensive vision
And ever-renewing joy
And the light of the heavens and the earth
***
The more we live in peace with God
Whenever we can
living in peace
With ourselves and with the world
Let us always try to direct our thoughts
Towards the absolute and infinite
There is no happiness that can compare
With joy, I seek God
And contact him
Surround yourself with good thoughts
These ideas will help you
Getting closer and closer
From God comes all goodness and joy
Peace and love to all
***
Unit in the census
From his singular consciousness: the individual essence
God created the census
He tries to get the count
Back to cosmic unity once again
When the storm blows across the ocean surface
It creates countless waves
When the storm subsides

The waves plunge back into the heart of the ocean

In the diversity and variety of creation

There is an inherent latent unit

Just as the ocean is the essence of waves

Family awareness brings people closer together

Countries have leaders to unite them and guide their course

There are social groups that share common issues

When man finds God

He finds that all forces are united within him

He enlightens his mind

A new vision of life emerges in his consciousness

Life becomes sweet

And peace fills the soul

And the annoyances of life transform

To something like a dream

***

When the seeker graduates from the school of life and the time comes for him to move to higher levels, he is overwhelmed with joy, realizing that he has done well in the battle of life and has earned God's favor, and being certain of the approaching meeting with Him

With the universal beloved, his longings grow, and those longings are transformed into spiritual fuel that effortlessly transports him to the realms of peace, light, and ever-renewing bliss that have no end

* * *

Divine mercy rains do not gather on the lofty peaks of pride, but rather flow easily down to the valleys of humility!

Teacher Paramahansa spoke about the swift way in which, by the grace of God, we are freed from the illusions of cosmic deception He said:

"In this universe we seem to be drowning in a sea of troubles and pains, so God shakes us to wake us up from this terrifying nightmare"

He said, encouraging one of the disciples:

"Know that everything you seek and much more awaits you in God"

He said to a student who seemed to be deeply entrenched in bad habits:

"If you lack willpower, try to develop the power of involuntary action (ie, the involuntary action of not committing a mistake)"

Self-affirmations

Today I will shatter the image of ignorance

That defiles the sanctuary of the soul within me

And I will remember that the Holy Light of God

It constantly radiates onto my being

And it dispels the darkness of illusion from my mind and soul

And that the One who created me will not leave me

* * *

Under every wave of life

The abundant ocean of divine presence lies

Behind every heartbeat

The infinite sea of cosmic love lies within

* * *

Every night I will reassure myself that I am not the body

Rather, the spirit that inhabits the body

And that my spiritual being is eternally immortal

When I wake up, I will remember to confirm it again

* * *

In the structure of sleep, I will recover and renew my strength

But that's not enough

I need a sanctuary of silence and contemplation

Where I can retreat every day

To explore the horizons of my awareness

And exploring the secrets of my soul

The meaning of stillness

Stillness means calming thoughts

Calming the body and controlling its needs

Whoever is able to do that will experience a refreshing tranquility

He will feel sublime waves and impressions from refined worlds

And whoever delves deeper into stillness, then

He will discover the kingdom of God within himself

As long as a person is walking on the road

Every moment of his time is very precious

We are here on this land (the passage house) for a short time

Everything is transient, but the feeling of God is eternal

Nothing can erase it from the heart and soul

We must not allow the temptations of this world to sway us

By turning us away from our greatest purpose and our highest goal: God

Getting to know God is possible

We must find the master of the universes

From whose light the stars twinkle

And with His power hearts beat

We must look for him in the Temple of Silence

When we call upon God with longing and yearning

And when we think of him with burning longing

We will find him

I am not talking about an unknown god

Rather, it is about a Lord I have come to know

And it's true for me

It is more real than all physical things

It is the divine sea that sustains and sustains the waves of our human lives

We can do without everything except God

God wants us to give to one another

We must keep in mind that in our pursuit of fulfilling our needs, we should also help others with what they need and share what we earn with the less fortunate

Let us remember that we are an integral part of the global family and cannot live without it What would life be like without the carpenter, the inventor, or the farmer? Through the exchange of

services and expertise, God wants us to think of others, for it is a grave mistake to live only for oneself

When we think about our own happiness, we should also think about making others happy It's not necessary to give up everything

For the sake of the global family, because that is impossible But we must empathize with others and consider their needs as our own

God wants us to give to each other as much as we take from each other, for others are our greater self

Respond to and repel the fierce attacks of deception

As long as a person is a prey to anger, jealousy, and envy, they are not free They must become masters of their emotions and actions, and liberate themselves from destructive instincts, unbridled passions, and wrong desires

If you are completely honest with yourself, wisdom will support your thinking, rightness will guide your decision, and understanding will illuminate your mind

The seeds of past actions driven by ignorance must be "roasted" in the fire of reflection and wisdom so that they become incapable of sprouting and growing again This is the way to repel and thwart the fierce attacks of deception

The cosmic illusion - or Satan - deceives man with false promises and alluring temptations to pursue the mirage of sensual pleasures and controls his faculties because he promises him

worldly happiness that has no reality, and thus works hard to prevent him from tasting the fruits of true happiness that exist in abundance in the gardens of the soul

The wise know the difference between truth and illusion and are adept at discerning As they delve deeper into contemplation, they become intimately aware of the importance of free will and the necessity of exercising freedom of choice to do what is right and avoid actions with harmful consequences and unpleasant outcomes

One of the disciples asked the teacher Paramahansa about his opinion on predestination, fate, suffering, and pain, and he said:

Human beings shape their own destiny through their will and determine their fate through their intentions and actions You can free yourself from suffering if you choose to do so God, whose essence is love, does not want His beloved to suffer the ravages of pain as a result of wrong actions and flawed thinking He has endowed humanity with the power of discernment and freedom of choice However, due to incorrect decisions and unwise choices, humans bring suffering and pain upon themselves and others

You must be free and not allow anyone to confiscate your decision or dominate you, and not let the environment, customs, and wrong traditions restrict you and control your way of life

Act with wisdom, listen to the voice of conscience, consider the consequences of actions before proceeding with what you intend to do,

avoid harming others because of your improper behavior, and ask God for help and guidance

Working according to internal guidelines

We must first define our goal, then seek divine guidance to direct us to the appropriate action through which we can express our potential We should reflect until our minds are calm and we can clearly see the next step Afterward, we must act according to the inner guidance we receive, and our desired outcome will be achieved

When the mind becomes calm, you will understand things quickly and easily, and how wonderful that is! You will achieve what you aspire to, and success will be written for you in everything in a short time because the cosmic force is able to administer the correct law and prove its operation

Some people say that our brain cells are shaped by certain habits that cannot be improved or changed This is incorrect Since God created us in His image, nothing can limit us or hinder our progress If we examine ourselves, we will realize the truth of this, with God's help

Every human being represents infinite power

We must demonstrate that strength in everything we do

When we want to create something

We should not rely solely on external sources

Rather, we must delve into the inner depths

We are searching for the infinite source

All successful work methods

All inventions

And all the refined musical vibrations

Inspiring ideas
And the finest and most wonderful works
Recorded in God's records
I have searched for you throughout the ages and eras
On the paths of desires and ambitions
And now I realize that you dwell within me
And it inspires my most sacred feelings
Don't hide from me anymore
Behind the flowers of emotions
Thoughts and the pulse of the soul
Adorn my soul with the jewels of your wisdom
And grant me the breezes of Your bliss
Remove from me the darkness that has veiled you
Regarding my sight and my insight
O You who are beyond the stars and the blue sky
And beyond the layers of the atmosphere and all creatures and beings
Accept my whispers of love
Immerse my being in your love, your light, and your peace
Show me your most holy face
I feel you deep within my thoughts
I feel your presence in my deepest feelings
And I see you blossoming in the garden of my love
Fill me with the fragrance of your presence
May I revel in your blessed fragrance
Come to me from beyond the sky and the stars

And thoughts and feelings
Show me your most holy face
Let me realize your presence in my soul
And those around me
Everywhere

The following paragraphs are from the magazine * Inner Culture* and are derived from the teachings of Master Paramhansa

The secret to success lies in cultivating a positive mindset: an awareness of prosperity, abundance, optimism, happiness, and accomplishment This builds within us an impregnable fortress that withstands the onslaught of adverse circumstances, which are primarily man-made

We must strive to achieve peace and harmony, and realize that we cannot bring to ourselves anything that is not already within us, and trust that God is the source of all good things and pleasures, and that according to our faith and positivity, He will shower us with His grace and overwhelm us with His blessings

Prophets and great men knew the secret of success, and history immortalized their names more than the names of kings and empires, and time will not be able to erase their names from the record of existence

Eastern masters have tried every known and tested law to achieve material prosperity and spiritual wealth If others have learned from and benefited from this philosophy to transform their

lives for the better and take control of their circumstances, you can do the same

Anyone who pollutes their mind with thoughts of failure or need will attract companions whose thoughts are full of need and failure, and will create an environment of the same vibrations and quality

Such thoughts fill their owner with frustration, sadness, depression, and despair, so that his condition worsens and his situation gradually deteriorates, and he surrenders to what he considers his fate and destiny

No one is defeated unless he accepts defeat as a certainty, and if he fails, the fault lies not in the method or the law, but in the person who misused the law

When we are determined to do something and are certain of the purity of our motives and the correctness of our decision, we put aside apprehension and do not fear the circumstances or pay attention to the restrictions and limitations surrounding those circumstances

What is your need? Is it fame? Or personal magnetism? Or power? Or security? Or health? Or happiness? Or peace?

If you know what you want, and if you know how to get what you want, and if you are ready to use every right and legitimate means within yourself and around you, and if you make a free promise to yourself and make a firm determination that you will not accept defeat, then what you seek

to obtain is yours, and rejoice in achieving what you desire

When the teacher Paramhansa was asked to define self-knowledge, he said:

"Self-knowledge is the realization, with body, mind, and spirit, that we are one with the totality of God's existence We are not only close to that existence, but God's totality is also our totality, and we are as close to Him now as we will be at any other time All we have to do is improve our knowledge of Him"

He said: "Honesty in completing small tasks strengthens us to hold fast to difficult decisions that life will one day force us to make"

He said: “There are three types of spiritual disciples: believers who attend houses of worship and are content with that alone… believers who love a life of integrity and uprightness but do not make the necessary effort to get to know God… and believers who are determined to discover their true selves in God”

He said: “God quickly fulfills any need of his worshippers because they have freed themselves from the selfish motives that frustrate efforts and disappoint hopes”

In the depths of the mountains and the still skies, in the recesses of my soul and the cavern of silence, I sense God's presence and feel His eternal bliss

And I will drink from its pure springs that never cease nor run dry for eternity I will plunge deep into the sea of contemplation and reflection on God

Until I find the pearls of wisdom and divine joy
Lord, grant me a generous spirit
To share what I have with others
And help me to see in the still lake of my mind
A spiritual moon reflection, shining with the light of your presence
Today I will delve deep into the sea of contemplation and reflection on God
Until I find the pearls of wisdom and divine joy
I will love you, Lord, more than anything else
Because without you I am unable to love any person or anything
I will worship You, O Lord, whose love is unparalleled
On the throne of every kind and loving heart
In life and in death
In times of sorrow and hardship
My faith in you, Lord, remains
Strong and unshakeable
Firm and unshakeable
Every breath of my longing and supplication
Doors and windows open in my soul
From it I pass to God's bliss
Just like the sun shines
On the busiest roads
Thus I will perceive the rays of divine love
In all crowded areas
For my daily activities
Lord, bless me
To awaken my soul with the dawn
And I bring it to your blessed threshold
* * *

God is cosmic stillness
In which all things are reflected
From it spring all enlightened ideas
So I will try to practice tranquility
So that I may feel his happy presence
I know that God is listening
For every whisper of my longing
It is universal love
Through divine love
I can find it
Through love, the seeker draws closer to God
He drinks from the holy springs of bliss
Lord, help me
To charge my body
Your cosmic card
And to heal the mind
With focus and optimism
And heal the soul
Through spiritual perceptions born of contemplation
Let us realize, O Lord
That sensory pleasures are superficial and short-lived
While the joy of the soul
It is real and constantly renewed
God is not just a word we utter
Rather, it is the essence of life and the secret of existence
We may not know the extent of its boundless vastness
But we can sense its presence
And we sense his presence

Today I will adorn the sanctuary of tranquility
With the flowers of divine longing
And I call upon Him, the God of love and joy
I ask God to reveal Himself to me
Through my spiritual eyes
May I see its light spreading
In every corner of the universe
I will imagine the important things I need
I will activate my willpower and creative abilities
I am patient and patient
So that I may achieve my goal with the grace and help of God
I realize that unhappiness is caused by failure
Therefore, I will do my best
To achieve lasting happiness
By not allowing anything
By harassing me and hindering my journey towards success
I will draw mind maps of small things
And I am working on embodying it
Until I can achieve my big dreams
With His help, may He be exalted
We are rays of the Creator's light
We live for a limited time in physical bodies
The rays must return to their source
This does not mean that the body has no value
Rather, we should not think
We are subject to it and its limitations
God does not show favoritism to anyone
Rather, it responds through a fixed and unchanging law

Whoever transgresses divine law

He brings punishment and torment upon himself

And whoever lives according to that law

God will reward him and answer his prayers

Through inner peace and joy

I will offer heartfelt prayers

I always use my will

Until I receive satisfactory and sufficient answers to my prayers

Center for Spiritual Awareness on the Front

If I sincerely try to discover the truth, God will make it easy for me to know it, and I will find contentment

And satisfactory answers to all the questions and inquiries that may come to my mind

The center of spiritual awareness is in the forehead, between the eyebrows, where the spiritual eye is located, which is the gateway to the kingdom of the spirit Therefore, I will focus on this point

I realize that my consciousness changes with the change in my environment, and therefore when my environment poisons me with illusion and deception, I will change it to a better environment

The secret to maintaining friendships

One of the students said to the teacher Paramhansa: "Master, I find it difficult to keep the friendships I make"

The teacher replied:

Choose your companions carefully Be friendly and loyal to them, but always maintain some distance

Let mutual respect be the link between you and them, and do not overstep the bounds of propriety with them

It's easy to get along with others, but if you want to maintain their affection and respect, you should follow this advice

Whoever rubs the magnet of his soul against the cosmic magnet with deep concentration becomes part of that magnet, acquires its properties, and brings to himself all that is good and righteous

Self-affirmations

I will develop my concentration and meditation skills, read useful books and good materials, and be more considerate of other people's feelings

I will appreciate all the good things that God has given me and I will not wait for adverse circumstances to make me remember the many blessings that the Generous One has bestowed upon me

Today I will try to be a spiritual magnet where I will bring good to myself according to the strength of attraction I possess

Everything that belongs to the body is subject to decay, and everything that belongs to the soul is immortal and imperishable Therefore, I will not give material things first consideration in my life

If I seek God first, all my wishes will be granted, and it will not matter whether I live in a

magnificent palace or a humble cottage My consciousness will expand and my spiritual understanding will blossom if I live with honesty, sincerity, and integrity, and if I comfort others and offer them compassion, kindness, love, and encouragement on life's journey

* * *

One of the students asked: "Teacher, can a soul be lost forever?"

Mr Paramhansa replied:

"Impossible! Because every soul is an inseparable part of God and therefore it is eternal, immortal, untouched by decay"

One of the disciples spared no effort in searching for signs of spiritual progress, so the teacher said to him:

"If you plant a seed and dig it up every day to check its growth, its roots will not take hold in the soil and it will not grow"

Take proper care of her, but don't be overly curious

Glimpses of Spiritual Knowledge

For the wise teacher

Paramhansa Yogananda

All the knowledge that humankind aspires to acquire, in every branch of science and art, including the secrets of the atom

The history of the universe and the human race, all exist in the ether in the form of vibrations

These vibrations surround us, and there is a way to access them directly This is through the insight of the soul

This is the age of logic Every experience must be examined carefully and discerningly in order to be understood

And by understanding its content, the barrier of illusion can be overcome There is a reason for everything, and in this age of analysis,

We must work towards achieving that understanding

I can enter a state of spiritual ecstasy by chanting:

"God, God, God"

I can enter that state through meditation

Or by seeing a beautiful natural landscape

Or by looking at a face that radiates with the light and love of God

* * *

We consume the known by understanding and enjoying it Then we turn to exploring the unknown because the known does not

It gives us lasting satisfaction If it gave us that satisfaction, we would not have remained on this planet Earth for so long

Constantly being content with what is known without a vision for the future, without making an effort to improve, and without the spirit of initiative to explore

Without the incentive to reason and explain, there would be stagnation and inertia for the human race, and consequently, extinction

And fading away

* * *

Life here seems barren and chaotic until we reach the shore of safety

We should not place our hopes on fleeting worldly goals and fragile material attachments

Such flimsy attachments unconsciously distance us from our ultimate goal

Just as it also distances us from our true selves

The bee works hard and prepares for difficult times and when winter comes, it enjoys what it has stored from the spring harvest

And summer

Thus, we must learn how to gather the honey of divine peace and the ability to cope with difficult circumstances

We encounter them in life

* * *

In this fickle world

It is fraught with risks and uncertainty

You feel so alone Only God will not forsake you

Your hopes will not be disappointed

Lord, bless me

To nurture the seeds of spiritual strength and success

Hidden within me

And so that I may use it in a way that pleases you

* * *

From time to time, a person must leave everything behind to be alone with themselves, so that they can think about purpose

life

Most people are adrift in a current of traditions and patterns; in reality, they have never truly lived their own lives

They live the life of the world So what have they achieved, and where have they ended up?

Therefore, it is wise for a person to occasionally remove themselves from daily tasks and "duties" in order to find peace

His mind is in turmoil, and he is trying to understand himself and determine the goal he wants to achieve

* * *

Whoever loves God, and therefore loves everyone, does not mean that he loves the mistakes and flaws of others

He who loves God becomes steadfast in His laws When I realized that my actions were dedicated to God, the feeling that my convictions might be wrong disappeared

I am willing to be corrected when I am wrong, but when I am right, I will not let go of that

Inner feeling

That feeling is not born of emotion but stems from the truth, and therefore it strengthens my conviction and makes me steadfast in my decision

Unless a person includes the well-being of others in their prosperity, they will not know the meaning of a comfortable life

What I mean is a genuine desire to help others so they can help themselves Then you will find an inexhaustible resource

Good deeds work in your life

Whatever the circumstances you are going through, that law will always work for you and provide you with everything you need

* * *

Profound sincerity is essential on the spiritual path For in purity and truth the dawn of the soul breaks forth

* * *

When you are close to someone you love, you can sense their thoughts, but you may not be able to sense the thoughts of someone far away

It's beyond you unless you have a sophisticated sensory field

Those who regularly practice concentration and meditation techniques feel much calmer and their thoughts become more refined as a result

Because of their scientific practice, they can sense the thoughts and intentions of others even from great distances

!

He returned empty-handed

A story based on the teachings of Master Paramhansa

When the daughter of one of the kings reached marriageable age, her father, the king, set a condition that anyone who sought her hand in marriage must meet

Its achievement The condition was that each potential suitor would steal something without anyone knowing

On the appointed day, the orators flocked from all directions, bringing with them their various spoils, each one chanting

Among them is the hope of achieving the goal by fulfilling the condition

Then a young man with nothing to his name appeared and said to the king:

"Your Majesty, what you have asked is impossible to achieve For if I were to steal something and no one in the world knew of my deed, but

However, I will know about it, and that is something I cannot do"

The king was extremely pleased with what the young man said and replied:

"You are the one who is worthy of my daughter, for you have fulfilled the condition and deserve to be my son-in-law and heir"

* * *

Possessiveness is counterproductive When one spouse tries to control the other, it's a sign of a lack of self-control

love

But when they express their love with genuine, friendly care, careful consideration of feelings, and a sincere desire to make the other happy

Love acquires a sublime quality, and in such a relationship we receive a glimpse of divine love

* * *

The path to God is the simplest and easiest path, yet few walk it despite the rituals

And the numerous formalities

It is better to turn our hearts to God and ask Him for what is best and most lasting for us

In reality, God is waiting for us because He wants to keep us away from evil hotspots and danger pitfalls

He wants us with him in our hearts and minds because the cheap goods of this world cannot satisfy human longing or fill the spiritual void

That which he feels deep inside

God speaks to us constantly, but few hear His voice

That quiet voice is often drowned out by the clamor of noisy thoughts and blatant desires

But when thoughts subside and desires calm down, we hear the voice of God clearly, even though it is silent and faint

Truly, God does everything to help humanity; He opens doors and illuminates paths so that we may see where we should step

He stumbles, but his foot does not slip; however, most people do not realize this fact

* * *

A lost day is a day that passes without thinking about God and seeking what pleases Him

* * *

Love is a perpetually flowing spring from countless fountains and when the heart's openings are blocked by misbehavior

We see it gushing forth abundantly from another heart But the thought that love dies in any heart

It is ignorance of the universal nature of love

Channels of love should not be blocked by wrong actions

And then one can sip the pure water of divine love

The flow from all good hearts

* * *

People who have had a finger amputated often feel as if it's still there And everyone who has lost a limb

This feeling is known

There is a hidden, ethereal counterpart or counterpart to every organ in the body Behind the physical heart lies a hidden heart

Without it, the visible heart would not be able to beat

Humans possess invisible organs such as sight, hearing, brain, bones, and ethereal nerves These organs, which are

As tissues of light and activity, they constitute the planetary body of the invisible human being

The planetary or etheric body is very similar to the visible physical body The difference is that its luminous, vital form

Very nice

* * *

When a person is certain that they possess self-sovereignty, their victory is greater than the victory of an absolute ruler, because it is a victory

He stands tall before the court of conscience

Ideas are the jury and man is the defendant

A person should hold themselves accountable every day, and they will find that the more their

conscience disciplines and punishes them, the more they will strive for self-improvement

The more positive, honest, and upright one's approach, the more successful and victorious one will be in life

* * *

Those who delve deeply into exploring cosmic consciousness automatically develop superior spiritual abilities and control over forces

Natural But no person who has attained true awareness of God uses their powers for boasting and showing off, without wisdom or

Be reasonable

The wise understand that God is the sole agent in existence And humbly, they attribute to Him the extraordinary gifts they have bestowed

They must do it

Isn't everything in existence a miracle? And isn't man, just by virtue of his existence, also a miracle?

If human beings are not satisfied with all the wonders God has created, why should the saints do more?

Miracles?

The righteous saints of God do nothing unless God asks them to do so, and for mysterious and complex reasons

Sometimes understanding is key

* * *

When we realize that the abilities we need, whether for thinking, speaking, feeling, or acting, all come from God, and that

He is always with us, inspiring and guiding us, and we gain immediate freedom from psychological stress

With this realization come flashes of joy, and sometimes a profound, instantly dispelling enlightenment floods the person's being

Thoughts of fear

God's power is like the ocean, surging and surging, sweeping through the heart in a cleansing process, removing all illusory obstacles

In doubt, nervousness, and fear

Man thinks he is merely a physical body and nothing more, but this is an illusion that can be overcome by man touching his true self

Spirituality through meditation Then you will realize that the body is nothing but a bubble of activity floating on the surface of the sea

The cosmic

* * *

Without the ocean from which the waves emerge, the waves would not exist

Thus, we must recognize and touch the divine ocean that supports the waves of our lives emanating from it

* * *

Thought is a force like electricity, and psychological states are related to thought and the way of thinking

Electricity is both beneficial and harmful Whoever knows how to use it properly puts it to their service, otherwise it may electrocute them

Similarly, if one's thoughts are directed in the right ways, they bring happiness to their owner; otherwise, they bring him harm

Trouble

Thought is like a wild horse, yet taming it is not impossible, and positive thinking is one way to control it

By thought

Sound thinking is a close friend, and unsound thinking is a constant enemy

Sound thinking attracts peace and security, while unsound thinking unleashes deadly arrows that rebound upon their owner twofold

It is said that the reward is commensurate with the deed

As long as one sends forth good intentions, one's thoughts will transform into torches that illuminate the chambers of the soul and dispel the darkness

He then feels a deep sense of relief

His eyes beamed with a smile of contentment!

* * *

Bless us, O Lord

So that we may open our hearts to one another

Let's clarify our intentions

Perhaps we deserve Your protection and care Reveal Yourself, inwardly and outwardly Let us sing Your blessed name Dispel the darkness of ignorance with Your holy light Banish the gloom from our minds

With the radiant, expansive light of your presence

With sincere hearts united

And the longing of our harmonious souls

We prostrate ourselves before You, asking for Your help and guidance

And the constant awareness of your presence in our souls To you we offer all our love, honor, and longing

Because you are our beloved and everything we have in this universe

God has given us spiritual laws called "commandments" But these commandments are transgressed and broken every day and in every

place

Unless people understand its spiritual meaning, they will always complain about it and turn away from it

These commandments are timeless codes of conduct endorsed by all Abrahamic religions However, the texts are often not interpreted

The psychological aspect of these commandments and the benefits associated with applying them

People accept it in places of worship but do not act accordingly outside those places, justifying this by saying that those

The rulings are impractical, illogical, and do not suit the spirit of the times

However, the violation of those commandments is the primary cause of all misery in the world

A person must not infringe upon the rights of others, nor take away their land, peace, love, or dignity

Or any of their tangible and intangible assets

If you do not feel the desire to take what is not yours, then what you need or desire will come to you

Theft originates first in the mind when a person begins to envy others

The seeds of evil desires must be removed from the mind

Spiritual altruism is the way then the person will automatically attract abundance and blessings will flow to him from all directions

He knows and he doesn't know

It is an infallible divine law But thieves and selfish people spend their lives chasing after material possessions, their eyes always on

What others possess, even if their coffers are full of gold

Unless material selfishness is abandoned, the world cannot know happiness

***

If you are a lover of God and yearn to experience His presence, you must immerse your mind and body in His peace, and He will smile upon you

Life is improving for you in many ways

A calm person rarely makes a mistake, and succeeds where thousands of others fail

Those who do not think about God or care about Him become depressed and miserable; they

become irritable and turn into something resembling machines

Animated

The sun of wisdom and peace will rise in the sky of tranquility and will bathe your being in its healing rays as long as you make an effort

Spiritually, and give first place to God in your heart

* * *

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* * *

Oh, Lord
By the light of my beloved's slender candle
Read your golden book
Keeper in the vault of my soul
Throughout the ages and eras
Your holy love was, O God, and will always be
The invisible candle of peace
Which dispels my darkness
And you show me the secret lines
Written on the pages of my heart
* * *
Fill the vessel of my mind with your divine wisdom
Fill the bottle of my emotions with your mercy
Fill the basket of my soul with the fruits of Your blessed knowledge
Use the vessel of my life to fill it with your love
And pour it into the souls of others Let my awareness flow everywhere
To dissolve into Your greater existence
Here are the rays of dawn of my love
Longing for you springs from the cracks in my broken heart
To meet the sun of your love shining upon existence
And thanks to your shining love
My darkness has been transformed into light and tranquility
* * *
O twinkling star
And the whisperer of harmonious ideas
And the lover comes from a kind heart

I ask for nothing but your love
Because it is my right and my duty to love you
You are my first priority in life
And the first desire in my longing heart is for you
I found my happiness through you
And pleasing you is the greatest achievement of my life
From the hymn of divine love
* * *
When a person fine-tunes their mental wireless device, they can then transmit and receive thought messages
Intellectual turmoil, intense emotions, and succumbing to the control of the senses and their demands all these things are harmful
It disrupts the mind wirelessly, while deep tranquility, silence, mental focus, and physical exercise are essential elements for achieving perfect harmony

Just as voices traverse the ether, so too do our thoughts travel through the ether of cosmic consciousness that surrounds us and everything in it
Existence First and foremost, one must be in harmony with God, and the first message to be conveyed must be:
"I love you, my Lord, with a love that has no equal"
* * *
O divine potter

On the wheel of life, billions of unique and dissimilar human bodies are forged: fragile physical constructs

For the immortal human soul

Your hidden creation factory produces everything: all the furniture and furnishings your human children need for their homes

Physical, mental, and spiritual

You are the creator, producer, and showcaser of nature's products in their seasons!

You are the Heavenly Master who highly values the efforts made in acquiring precious spiritual possessions

And essential for a decent life

Your cooperative plan dictates that man must work to deserve and enjoy Your blessings; he must give

Money or work in the soil to obtain nutritious food and to observe caution and moderation to maintain health

Just as he must pay money for study and self-discipline to obtain sufficient currents of light and strength for his home

Spiritual comfort

He must also diligently and actively delve into his inner self to find the springs of divine love that quench his thirst and cleanse him of

The dust and filth of the world

Material things can be bought and sold, but your blessings are priceless

It is not for sale or purchase!

Each one of us will one day come to his senses and return to his divine self, realizing his sacred place where he will be enveloped in Your bliss

The one to whom it is given with eternal generosity!

From "Whispers from Eternity" by the sage Paramhansa Yogananda

* * *

When we can convince others of our affection

And when we become certain through the trials of time and other tests

Someone truly loves us with all their heart

And we feel the same way towards that person

Not for personal gain, but simply to feel the pulse of friendship

We see the reflection of God and we feel the presence of God

And we hear the voice of God in that blessed friendship

* * *

Sometimes everything seems to be going smoothly, so we think that the world is fine and that our affairs are in order

However, there comes a time when we feel that everything is against us, and this is a lesson to strengthen our resolve and unleash our dormant strengths

From its hidden places

But instead, we feel resentful because something has thwarted our desires We feel frustrated because we haven't achieved them

Our desires make us fall prey to fits of anger, and our minds become confused We forget our place and lose our discernment, and when we act

Without discrimination, the result is mistakes and misery

If we don't succumb to anger because of life's setbacks or those who cause them, we can see things more clearly and deal with them more effectively

Better

* * *

God, in His infinite mercy, bestows upon us His joy and inspiration

And it gives us real life

True wisdom

True happiness

True understanding

But the glory of God is only revealed in the spiritual tranquility that the soul feels and in the earnest attempt of the mind to harmonize with Him

There we stand face to face with the truth Outside, illusions are too strong, and very few are able to break through them

Eliminating the influence of the external environment

The world continues with its infinite complexities and countless experiences

The voice of God lies behind the appearances of life, always calling to us and speaking to us from flowers and holy books and from

Our consciences, and through all the beautiful things that make life worth living

* * *

Purify our metal, O heavenly alchemist! Transform our weakness into strength

And transform our misconceptions into actual perceptions of truth Transform the hideous demons of our selfish ambitions

To lofty, winged aspirations and our painful ignorance, to sacred wisdom and the base raw materials of our indolence

To pure gold from sublime spiritual achievements

From here and there

The Song of the Ecstatic

As narrated by the teacher Paramhansa Yogananda

In ancient times, there lived a hermit at the door of God He did not preach or guide anyone, and he did not speak about anything except divine love, which was his sole obsession

Wherever he went, he proclaimed that divine love burning deep within him He spoke only when necessary, and his words rarely exceeded two or three, yet thousands followed him to hear him sing with longing, yearning for more

O my Lord, You are my goal, and my love for You is my banner

My soul and heart yearn for you O ultimate happiness of mine

On one occasion, while he was walking through the villages chanting his simple song, the men and women left their work and followed him, but one after the other fell behind until he could no longer see them

Then he came to a spacious field where he saw a man harvesting grain, and he greeted him, saying, "O harvester, O harvester" The harvester replied, "Leave me alone, man, do not speak to me, for I am busy as you see me Go away from me, you madman"

But he said to him: “I am not asking you to speak to me, all I ask is that you please me and join me in singing Would you please make me happy by repeating with me the name of my divine beloved, and then I will leave?!”

The harvester began to sing with him, “O Lord, You are my goal… and my love for You is my banner…” He became elated, and the sickle fell from his hand, and he walked behind the madman, singing with joy and enthusiasm… and even the birds felt joy and began to shout and sing the anthem of love for God

As they continued walking, the harvester's wife came and began to blame her husband, saying: "What's wrong with you? What's gotten into you that you're following this madman?" But he replied: "Say whatever you want about me, but sing with me, even just once" So she began to

sing, and the three of them sang together with enthusiasm and joy

While they were singing, some villagers passed by and joked about the scene, saying, "There are so many madmen these days!" The hermit said to them, "Be patient, people, in judging us until you taste what we feel I beg you, join us in singing, and then pass judgment"

These people joined them in chanting, and they were infected with divine love, and they began to chant the blessed hymn from the depths of their hearts and with the utmost longing

News of them spread throughout the region, and one hundred, two hundred, three hundred, and five hundred followed them, trying to stop and drive them away, but everyone's hearts echoed with overwhelming joy and growing longing:

O my Lord, You are my goal, and my love for You is my banner

My soul and heart yearn for you O ultimate happiness of mine

May God bless you and gladden your hearts

Peace be upon you

The Seven Philosophers' Discourse on Man

The first philosopher said:

Man is the pinnacle of history, the ultimate goal of poetry, and the living, free bond that connects nature to God

The second philosopher said:

Let us not belittle man or degrade his dignity, for although he has descended from the highest realms of perception to the lowest depths, he still carries in his soul traces of that initial glory and supreme splendor – for although he resembles the shattered pillars of an ancient temple, the splendor of the temple is evident even in its remaining ruins

The third philosopher said:

How poor and how rich man is!

How miserable and how glorious he is!

How incredibly complex it is, and how wonderfully simple!

The fourth philosopher said:

Human beings are a mass of chaos, contradictions, and opposing forces Though they are repositories of truth and guardians of eternal wisdom, they are shrouded in doubt and their vision is clouded by confusion Moreover, they are perpetually apprehensive of the unknown They are simultaneously the pride and the shame of the universe

The fifth philosopher said:

Human desires know no bounds, and no amount of wealth, however vast, can fulfill them A person will not find stability or peace of mind until they realize their goal, which is to harmonize with their Creator and enjoy closeness to Him in every moment of their life

The sixth philosopher said:

A person is defined not by their wishes, but by their diligent work to achieve the noblest of them Not by their many desires, but by distinguishing the good from the bad and achieving what is good and beneficial for themselves and their community

The seventh philosopher said:

Man is a bubble floating on the surface of the ever-flowing cosmic river on God’s earth Some bubbles are brighter than others, but they will all eventually burst and melt into the river that is forever heading towards the cosmic sea that has no shore

Peace be upon you

My gift to you for the New Year

Do you have an ambition within you that you hope to achieve?

If you were given the chance to start life all over again today, what would you do?

Life gives you this choice, and the malleable ceramic dough of time is in your hands to shape as you please

Achievements that seem difficult are often closer to being logical and realistic What you thought you couldn't do start doing it now! Cast aside the limitations of habits you've imposed on yourself, and listen to the whispers of your inner voice

Life holds pleasant surprises for those who dig deep into the well of the self

No goal can be achieved in one day The key is to start now, not tomorrow

Begin with God's blessing! This magical moment is the key to a cave of opportunities filled with treasures

Open the reservoir of your creativity, which is always and forever fed by infinite sources whose wellspring never runs dry and whose supply never diminishes

Ability means responsibility, and latent talent is a fruitful seed that life has entrusted to your care Do not let it wither and die in the barren soil of procrastination

Life asks you to honestly reap what it has sown in your field All the tools you need are at your disposal So, may God guide you, discern those tools with a discerning eye

Do not work with tense effort tinged with a desire to achieve, but rather work calmly, comfortably, and joyfully

You don't desire the goal more than you desire to work towards achieving it

With a motivated mind and hands moved by love, weave patterns of success with the golden threads of the present

But if you fail in your effort, do not feel disappointed and do not let frustration creep into you

But with a heart rich in understanding

And a hand nimble with flexibility

And a clear eye with vivid vision

Start over and have faith

The flower lies at the heart of the seed, but does the seed know its beginning or its end?

But as it gathers as much warmth and moisture as it can

The heart of her being expands to reveal a vibrant flower

Smile at the sun and greet it with the joy of life and the delight of accomplishment

And here is life calling you befriending you urging you to work

Will you listen to her call and respond to her encouragement?

And now you turn your face towards the light

May God illuminate your face with His light

Make your dreams come true in the new year

Happy New Year!

East-West Magazine

Translation: Mahmoud Abbas Masoud

Who said that?

Longing stirs in my heart, but I conceal it

And if I am far away, I commune with her through memory

The heart beats, and longings dictate it

I found these verses in one of my notebooks

I don't remember who said it I searched online to find out who it was

I wanted to attribute it to him, but I couldn't even find it online

It caught my attention because of the genuine love it contained

And a certain longing and a clear loyalty

A profound feeling must have ignited the heart of our poet

Its light illuminated the depths of his soul

Its current flowed gently and swayingly

In the sensitive pathways of his soul

He shook her, delighted her, and saddened her

Then he intensified himself and poured forth a pure, clear stream of refined emotion

And it transformed into words as delicate as meadow breezes

And a melodious, ethereal chant that stirs the depths of feeling

Here we see enchanting colors of intensely focused thoughts

And we glimpse glowing torches in his ecstatic, yearning being

Nor should we fail to taste with him some bitter sorrow

However, he seems to relish that sorrow

Which he celebrated and crafted from the essence of his feelings

And here we are talking about the experience of our unknown poet

His verses caught our attention because he placed in them

From his heart, the essence

And he left a trace of himself in her words

May hearts always be filled with love and pulsate with loyalty

Peace be upon you

A dialogue between a son and his father

The son asked his father: "I see a smile in your eyes, Dad what is its secret?"

He replied: Because I feel deeply at ease

He said: Speak up! What exactly is happening?

He replied: A sense of peace seeps into my heart, and a smile is reflected in my eyes before it appears on my face

He said: Is that all?

He replied: Memories awaken

He asked: What kind of memories are those?

He replied: It is sweet and stimulates the cells

He said: How does that happen?

He replied: Thought, my son, is a force like electricity, and psychological states are due to thought and the way of thinking

He said: What do you mean by saying "power like electricity"?

He replied: Electricity is both beneficial and harmful Whoever uses it properly will find it useful, otherwise it may electrocute him

He said: What is the basis of comparison?

He replied: Thought, too, if you direct it in the right ways, will make you happy, otherwise it will bring you misery

He said: How can I guide him when he is like a wild horse?

He replied: This is not impossible, for if you gain experience with the nature of horses, then you will improve their management even if they are wild and unruly

He said: They say that a friend is one of the closest people to a person, is this true?

He replied: Absolutely

He said: So thought is a friend because it is extremely close to man

He answered: Yes and no

He said: How is that?

He replied: Sound thinking is a close friend, and unsound thinking is a constant enemy

He said: How is that?

He replied: Sound thinking attracts peace and safety, while unhealthy thinking fires deadly arrows that rebound upon their owner twofold – may God multiply your good deeds – and that is why it is said that the reward is of the same kind as the deed

He said: And how can that be avoided?

He replied: As long as you wish good for others and ask God for help and guidance for them, your thoughts will turn into torches that illuminate the chambers of the soul and drive away the heaps of darkness

He said: And what will happen then?

He replied: You will then feel deep comfort and your eyes will smile!

May the smiles in your eyes and on your faces last forever, my friends

Peace be upon you

Welcome guest

This nice guest

The eye cannot see it, but the heart feels it

Like joy or relief that dispels confusion

And he comforts broken hearts

It provides the understanding to deal correctly with critical situations

The feeling of that guest is linked to opening the door for him and inviting him to enter

The invitation must be sincere and stem from a genuine desire to receive

It contains a longing that matches a strong desire

Which the "Qassad" or mountain singer felt when he uttered it with fervor:

(He honored me with a visit and broke with tradition my heart has opened its door to you from within)

True joy is not a product of the mind or imagination

It is a transparent, ethereal element with a source

That self-renewing source is not subject to depletion

There is no one who hasn't tasted at least a small dose of it

The degree to which it is felt depends on the strength of acceptance and the capacity for comprehension

It is a sea that not all creatures can consume

Because its source is not subject to finitude but is connected to the absolute and infinite

They likened generosity and generous people to it

This reminds me of the story of that poor man who followed some poets

They were on their way to the Caliph in Egypt, who had summoned them to bestow gifts upon them The poor man had a jar with him As soon as they entered the Caliph's palace and stood before him, he began distributing generous gifts to them Then he looked at the destitute man in his tattered clothes and asked him:

And what brought you to us, and what need do you have of us?

He replied:

When I saw the people packing up their belongings

I came to your overflowing sea with my jar

The Caliph said: Fill the jar with gold and silver

That caliph was not an ocean compared to the ocean of universal generosity, but rather a drop of it

If a single verse of poetry prompted his generosity and moved him to such an extent, and he is but a human being, then surely any sincere appeal to the source of generosity and the sea of

divine bounty will be accepted and fulfilled and giving will be repeated until satisfaction is achieved

{And your Lord will surely give you, and you will be satisfied}

{And if you should count the favors of Allah, you could not enumerate them}

May God gladden your hearts

Peace be upon you

The silent, patient spider

My dear friend, the brilliant Professor Fahmi Al-Mashaykhi, presenter of the program "Self-Leadership," asked me to translate some poems by the great American poet Walt Whitman In deference to his kind request, I have chosen this poem and would like to dedicate this translation to him and to all lovers of refined literature and sublime inspiration

On the beach rock with the small protruding bump

Where the spider stood alone by itself

I placed a marker to mark its location

The purpose of that mark

Knowing the method by which it will be discovered

Its vast surroundings amidst the expansive emptiness of space

He then released a thin wire from himself, followed by another wire, and then another

He continued to unwind his spool of yarn with astonishing speed

Without experiencing fatigue

And you, my soul, you who stand surrounded by an endless abyss

From a vast, boundless, and endless space

And you are immersed without interruption in thought and insight

I see you embarking on adventures

You unleash ideas and energies

You are searching for worlds and celestial bodies

May you be bound to her by a strong bond

So that you can build the bridge you need

Your ship is secured by the anchor

Until your thin thread that you release away from you

From holding something

somewhere

Oh my soul!

Walt Whitman

Translation: Mahmoud Abbas Masoud

constellation

It is a group of stars with exquisite formations

It is known astronomically by various names such as Ghoul's Head

The Flying Eagle, the Falling Eagle, and Betelgeuse

The henna-dyed palm and the Yemeni star

The mouth of the whale and the mighty man and others

The constellation attracts attention

Perhaps because of its distance from Earth

Perhaps because of the secrets and mysteries surrounding it

Perhaps because of her eternal silence

Its strange flash

And perhaps

Because it makes one lift their gaze from the ground

Let him aspire to what is higher and sweeter!

The word "constellation" is a beautiful word that evokes its sweetness

From that astronomical phenomenon

With a radiant presence and sparkling beauty

And that's how you are, my friends

A constellation of shining stars

In the sky of my life

Greetings to you wherever you are

And affection from the depths to the horizons

Movement can be a blessing or a disaster

I added the word “destruction” to the well-known proverb, as it seemed to me that not all actions are blessed, and some of them produce results that are not only unblessed but also have a destructive effect on more than one level

Human movement does not arise spontaneously, with the exception of some movements that may occur during sleep or sleepwalking, guided by the unconscious Otherwise, it is driven by intention and will to achieve a specific goal

This movement is neutral in itself because it is merely an unconscious tool that works in response to the commands of the human motor system, which in turn receives commands from the mind and executes them

When movement is used to help others

And relieve them of their burdens

Using sensory tools to improve conditions

On both the material and moral levels

And bringing in everything that would bring comfort to the souls

And peace in the hearts

It provides the necessities of life, not necessarily luxuries

It is a blessing from God, the angels, and the prophets

But if the movement is used to inflict pain

And the harm and heartbreak

Exploiting the intellectual or material capabilities of others

Without his permission or consent

The result will not be a blessing

And we can then say

"Movement leads to destruction"

Blessed is he who uses his actions for the sake of good and the pleasure of his Creator:

So their Lord responded to them, “Never will I allow to be lost the work of any worker among you, whether male or female” (Al Imran)

And in the noble hadith:

“Three things follow the dead man; two return, and one remains with him His family, his possessions, and his deeds follow him; his family and his possessions return, and his deeds remain”

Imam Ali, may God honor his face, shares with us wisdom from the storehouse of his knowledge, saying:

(There is a vast difference between two types of work : work whose pleasure is fleeting but whose consequences remain, and work whose expenses are gone but whose reward remains)

May God accept our good deeds, my friends

Peace, mercy and blessings of God be upon you

The bar and the house of ruin

He said: There is a matter that is troubling me and I want an explanation for it

He replied: What is it?

He said: I see people walking on wrong paths who are "fancy" and reveling, and good people who do not get any share of success

He replied: People often err in judging the righteous and the wicked, for they judge by appearances, unable to see into the hearts of others to know the true nature of each person and to be aware of their hidden intentions and actions But God is the examiner of intentions and the revealer of secrets; He alone judges and distinguishes good from evil Therefore, it is not unlikely that someone whom people consider wicked may be righteous, and someone whom they consider righteous may be wicked

He said: Is there a way to make the correct distinction in these matters?

He replied: In judging happiness and misery, if we don't act correctly, we assume that the happy person is the one who enjoys wealth and prosperity, attains prestige, receives people's respect, and indulges in life's pleasures and delights We fail to consider the inner turmoil they may be experiencing due to their sins, wrongdoings, and injustices towards others This inner unhappiness and incurable illnesses can make their life bitter and their eyes restless as a result of their licentious desires and crushing selfishness They may also be struck by devastating calamities and crushing misfortunes that are truly unenviable

He said: And where does the happiness of the righteous lie?

He answered: Firstly, the righteous person does not rush after earthly goods He is satisfied with his feeling of contentment, his fair treatment of people, the peace of his conscience, and his spiritual joy that springs from within and is always renewed, especially when he thinks that God will reward him in the afterlife and grant him eternal light in place of what he missed in the abode of destruction

He said: Why do the righteous, or some of them, suffer and encounter hardship in this world?

He replied: God sometimes tests His beloved ones with various forms of pain and suffering, not as punishment, but to refine them in the fire of trials like gold The afflictions that befall them strengthen them, reveal their moral worthiness, and make their love for their Lord and for people pure, clear, and steadfast

May God increase the number of righteous and good people in this world

Peace be upon you, my friends

The Organized Pearl

Not sacrificing principles to please others

He said: I heard that getting along with others is desirable, are there any exceptions?

He replied: Agreeing with others does not mean agreeing with them on everything, nor sacrificing your principles for them, because this style of agreement is undesirable and not in accordance with what is right

He said: Do you prefer confrontation over agreement?

He replied: There's no need for that You can get along with them without causing any trouble or disturbance Reformers and great figures didn't get along with many people around them, yet they maintained their ideals because they knew that what they were doing was absolutely right

He said: What do you think about sometimes bending ideals to suit the situation?

He replied: One should not compromise on principle, nor resort to ulterior motives to achieve a goal, for such behavior is unbecoming of those who uphold principles If you can live in a way that pleases God and does not harm others, then you have nothing to fear

He said: What does it mean to get along with others anyway?

He replied: It is to be first and foremost in harmony with God, then with your conscience, and then with people

He said: What if my approach does not satisfy others?

He replied: It is enough that you will be at peace within yourself and will feel a sense of inner tranquility that makes you independent of the approval of others, as long as that approval does not align with what you believe in your decisions

He said: Do you advise me to ask others to change their wrong lifestyle?

He replied: There's no need to force people to accept your correct viewpoint If they don't want to adopt your approach, leave them be and wish them well If they bother you with hurtful remarks and stinging comments, it's perfectly fine to distance yourself from them, at least temporarily But always be ready to share your understanding and experience with them And if you possess a wealth of knowledge, offer it to those thirsty for it, so they may drink it with pleasure and satisfaction, by the grace of God Almighty, and your reward is with Him

Peace be upon you

I see you blaming the days

I can almost see you, my friend

You yearn for an oasis that will delight your eyes

And to a rest that will nurture your weary heart in its groves

I see you gazing at the distant, silent horizon

Trying to escape the depths of gloom and worries

To a clear sky

More suited to your transparent soul

And I am more capable of containing the longings of your passionate soul

And through the eye of imagination, I see you blaming the days

She asked about the long-awaited planet of good fortune

It's as if I can hear a yearning longing stirring deep within you

I hear the echoes of its bells through the ether of the soul

I glimpsed the ship of your longings anchored on the distant shore

Seagulls of memories hover around her

And the planets glance at her with a friendly inclination

I sense your desire, my friend, for a retreat you long for

May you pierce through the clouds

And it penetrates a world named

It is full of tender meanings and sweet wishes

Life has fulfilled your wishes

And the desolation of loneliness dispelled from your delicate soul

And she enriched it with the most beautiful tests

And the sweetest visions

Peace be upon you, my friend!

Mahmoud Abbas Masoud

The philosophy of buying and the story of the fox and the crow

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He inquired, saying: Is there a philosophy of buying that I can adopt in my life?

He replied: Some people are addicted to buying things they don't need, and thus they waste their money on unnecessary luxuries

He said: What is your advice?

He replied: Be cautious and wise while shopping If you have some money, save it and ignore the advertisements that constantly try to tempt you to buy things you don't need in order to

give up your hard-earned money for new innovations or "guaranteed-profit" investments Whenever someone tries to win you over with sweet talk and enticing offers, remember the story of the fox and the crow

He said: "Would you please repeat it for me?"

He replied: Once upon a time, a crow was carrying a piece of cheese in his beak when a fox's saliva dripped onto it, and he coveted it for himself Being a master of cunning and deceit, the fox said to the crow, "I wish you would sing me a tune, Mr Crow, for I have heard that your voice is melodious and renowned for its sweetness" The crow, flattered by the compliment, opened his beak to sing, but as soon as he did, the piece of cheese slipped from his mouth and fell to the ground The fox quickly picked it up and congratulated himself on his easy prize Therefore, beware of those who try to influence you psychologically, for they want something from you And do not allow anyone to exploit you by flattering or fawning over you to make you desire something unnecessary for your success and true happiness

He said: Is there a way to be self-sufficient?

He replied: Simplify your life so that you don't rely on excessive possessions Automatically and constantly indulging desires drives away contentment and creates unhappiness and misery If you complicate your life with too many things, you won't be able to enjoy any of them But if you

examine your life closely, you will find many ways to reduce your luxuries without feeling deprived

He said: What is your opinion on buying in installments?

He replied: First, save up for what you need and buy what you need with cash, without the hassle of installments, high interest rates, and headaches Of course, there is benefit in dealing with those who want to sell their goods to earn a living, but don't allow yourself to live beyond your means, because if you do, you will lose everything, God forbid, when you face a serious crisis or a sharp turn in the road, and the "tempting lure" will be waiting

He asked: What is your definition of saving?

He replied: Saving is an art and requires sacrifice But if you economize on purchases and live simply, you will be able to save some income on a regular basis, and remember the popular saying, "Drop by drop, a stream will become a pond," with the help of the Almighty

May God enrich you from His abundant grace, my friends

Peace be upon you

Self-reflection and success

He said: Is it true that a person asking himself questions is a kind of self-introspection process?

He replied: That's right

He said: If I wanted to apply such introspection, what would you advise me to ask myself?

He replied: Ask yourself about the purpose of your life You are the most evolved of creatures, and God has placed within you a noble soul that is your essence

He said: What will change if I realize this fact?

He answered: You will achieve limitless success, you will taste blissful joy, all your noble desires will be fulfilled, you will overcome all your difficulties, and the world will not be able to trap you with its snares or mislead you with its illusions

He said: But life is full of problems and teeming with painful events

He replied: Yes, human life is an open and constant confrontation with problems, and everyone has their own problems There are billions of people and billions of problems that must be dealt with on a daily basis Some suffer from heart problems, some complain of colds, some are overflowing with money, some are completely averse to poverty, and others don't bother to think and are therefore less aware of problems, since as long as their stomachs are full, the world is perfect

for them But who are the truly happy people in life, and who are the successful ones?

He said: To begin with, what is the standard for success?

He replied: Happiness is the true measure of success, regardless of job title or social status The prevailing concept of success is the possession of wealth, friends, and beautiful and luxurious possessions—what some call a life of luxury But material achievements do not necessarily equate to true success

He asked: What is the reason?

He replied: Because things and circumstances are subject to change Today a person may have things, and tomorrow they may be gone Therefore, don't assume that becoming a millionaire guarantees success A person may strive and toil tirelessly to reap the rewards of success in their field, but they might be surprised to find that their life lacks balance and they don't have the freedom to enjoy the things they want to do Instead, worries may pile up, and they may become stressed and agitated to the point that their health deteriorates and they fall prey to depression Thus, the illusory success evaporates, and they feel that they have wasted their life and all their dreams have vanished

He said: Does health mean success?

He replied: A person may possess a strong body (like a horse) but lack sufficient wealth to sustain himself, and thus feel resentment and bitterness for not having the necessities and basics of life Or he may possess health and wealth but lack contentment Feeding the body and satisfying vanity does not appease the gentle soul And he may possess everything and yet feel utterly impoverished

He said: And the conclusion?

He replied: Unless a person has happiness in his heart, he cannot be considered successful

He said: Is there more?

He replied: This is enough for today May God increase your knowledge and make you happy in both worlds

Peace be upon you

The sorrows of others

Is it permissible for me to see other people's tears?

Without feeling sad too?

And can I feel the sorrow they are suffering?

Without trying to reduce it?

Do I have the ability to see a tear falling?

Without sharing the feeling with its owner?

Can the father hear his son crying?

Without sympathizing with him?

Can a mother hear her baby's moans?

And the feeling of fear that haunts him

Without being affected?

No No This is impossible!

Never never that's impossible!

Do not think that God is unaware

About a single sigh we sigh

Don't think that we shed a single tear

Without our Creator seeing it

God gives us joy

Perhaps in doing so, our misery will end

He accompanies us with his mercy and tenderness

Until our misery fades away

Our sorrows will fade away

Spiritual beacons

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Show me Your message, O Lord, inscribed in letters of light on the pages of my heart, and let me hear Your whispers in the temple of my conscience, and fill the vessel of my mind with Your knowledge, Your mercy, and Your peace

Work is essential and a powerful motivator for human ingenuity and creativity However, if the goal of work is merely to accumulate wealth, it loses its value and importance Work should be primarily dedicated to service, and the product sold should be of high quality and beneficial to others

* * *

God grants me light, life, strength, wisdom, intellect, and spiritual happiness I will immerse myself in the ocean of divine love through the bliss of contemplation And I will bring the divine presence into my mind to solve life's dilemmas (2)

O Lord, by the light of my slender candle of love, I will read Your golden book that has been within me since eternity Your love, O Lord, is the

light of peace that dispels my darkness and illuminates my path (2)

* * *

The overwhelming flood of spiritual peace sweeps away from the soul the accumulated fears and piles of worries

I will seek God in the solitude of my soul and I will pray deeply until my heart beats with His love and I receive His response

Lord, I ask that you blend the light of my soul with your cosmic light Let me know that your wisdom illuminates my mind, your strength sustains me, and flows through my veins

* * *

I will fill my mind with the power of faith and trust that nothing can harm me because I am always surrounded by divine protection

O Lord, let the embers of my longing always burn brightly with Your blessed presence May Your wisdom guide me and Your presence be the greatest joy in my life

* * *

The true scientist is distinguished by a remarkable quality: open-mindedness and a broad perspective He begins with simple, basic information, gradually working his way up to unveiling the laws of nature and how they function He then presents the results of his research to the world, always ready to continue exploring the nature and essence of things It is the efforts of these scientists that have led to the discovery of natural laws, which have multiplied the benefits

enjoyed by humanity Gradually, we learn how to apply these laws in diverse and widespread ways, as seen in the conveniences we use in daily life

* * *

The happiness that God bestows is unparalleled by any earthly happiness Spiritual joy is endless, and when everything else fades and disappears, that joy remains constant Whoever desires to attain that joy must dedicate time to contemplation, reflection on God, and alignment with Him, for spiritual alignment with God grants true happiness

New Year's Garden

The echoes of the past year, with its sorrows and laughter, have faded away and now the echo of the New Year's anthem sings encouragingly, heralding hope, and whispering:

"Reshape your life perfectly, abandon the weeds of old fears"

From the deserted garden of the past, gather and store only the seeds of joy, achievements, hopes, good thoughts and deeds, and noble aspirations In the fresh soil of each new day, sow those mighty seeds, water them, and nurture them until they grow and your life blossoms with the rare virtues of blossoming

The new year whispers:

"Awaken the spirit, captive to habits, and urge it to undertake new, beneficial efforts Never cease trying and never rest until you attain eternal freedom and overcome karma (the ever-chasing and pursuing consequences of past actions)"

With a refreshed mind and intoxicated with ever-renewing joy, let us rejoice together and walk hand in hand towards the heavenly house from which we shall never go out again

* * *

If you remember God and make Him the center of your life, and if you pray to Him fervently and deeply, you will surely receive a response from Him, for fervent and sincere prayers touch the heart of God RE-123

It is the radiant fountain of wisdom and inspiration, the fragrant scent emanating from the gardens of loving and kind hearts, the aroma of heavenly roses and blossoming thoughts, the love that inspires our love and flows through our hearts

* * *

Your best friend is the one who humbly suggests how you can improve yourself, because constantly surrounding yourself with flatterers and sycophants hinders your spiritual growth We should cherish the company of those who speak truthfully and help us in the best way possible

* * *

Parents often overlook their children's flaws and choose to ignore them If they cannot see their children's shortcomings, there is undoubtedly something wrong with their love Parents must learn unconditional love so they can see their children's mistakes and help them correct them and get on the right path

* * *

If you want to be happy all the time, don't allow yourself to be complacent or lazy, and don't ignore the material obstacles that stand in the way of your happiness Do your best to overcome those obstacles and accomplish all the tasks you need to perform with a willing heart and a focused mind

* * *

Lord, let us look upon virtue not with fear and dread, but with love and reverence Let us understand that observing Your moral laws will crown us with the laurels of Your grace You have commanded the precepts of piety to safeguard our happiness Let us forsake the paths of sin, which always lead to pain and suffering, and let us recognize that virtue is immeasurably more enchanting than vice Help us to understand that evil, which at first seems pleasant and delightful, gradually transforms into a deadly poison, and that good, which at first tastes bitter, ultimately becomes a sweet nectar!

* * *

Worries are useless; they only burden the heart with more worries Upon finishing your daily tasks, avoid dwelling on them or carrying them

home with you Worries form a thick layer of dark, cloudy clouds around your mind, hindering your ability to see the path clearly and easily We must learn to rely on God more and more

Life should be centered on service, for without this human ideal, the consciousness God bestowed upon humanity will not reach its full potential When we serve others and forget our petty egos, we will feel the divine presence

* * *

Good outweighs evil in this world because God is the ultimate power But when evil befalls us, we often feel powerless to control or overcome it The storms of evil are inevitable, but we can overcome their effects and rise above them

When the disciple tastes the sweetness of divine love, he feels endless waves of ecstasy engulfing him, and he feels an overwhelming and blazing longing for God, so he prays with deep concentration and supplicates to God from the depths of his heart until He answers him

* * *

When boring routine, sexual obsession, material attachment, emotional agitation, exploitation, and the sudden shift from closeness to aversion replace love, then love fades from hearts and becomes a thing of the past

* * *

In the violin's lament and the flute's wail, the organ's melody and the oud's strumming, I hear God's voice In the heart of the soul lies the

happiness my soul seeks I have suddenly felt His bliss, stored in the hive of my silence I will squeeze the hive and taste the nectar of eternal bliss

Longing for God means loving Him Yearning for God must be sincere, pure, deep, and radiant If we want to receive a response from Him, we must surrender our hearts to Him and supplicate to Him from the depths of our hearts until we receive that blessed response

Divine love is stronger than death and more enduring than any manifestation of transient life

* * *

Walk the paths of life with unwavering steadfastness that knows no retreat or regression, and with firm faith that God’s creative and infinite power accompanies and supports you always

God responds to the heartfelt pleas of that sincere disciple who expresses his longing and yearning and asks for his help with confidence and hope, and he will certainly come to him to rescue him and deliver him from his difficulties

The floating blanket, as narrated by the sage Paramahansa:

Once, two friends were walking along a riverbank when they spotted what appeared to be a floating blanket One of them threw himself into the river and swam to the "blanket" However, he was taking a long time to return to the bank His friend noticed that he was having difficulty with the "blanket" and that it was the reason for his delay, so he called out to him:

"Why don't you leave her and go back?"

His friend replied:

"That's what I'm trying to do, but the blanket is clinging to me and won't let me go and come back"

To his great surprise, he realized too late that what he thought was a blanket was nothing but a swimming bear

[Consider the position of your foot before you take a step!]

Most people make resolutions but fail to implement them, and as a result, they tumble from the peak of success even as they dream of climbing to the summit Those who squander their willpower find that the more they strive for success, the deeper they sink into the quagmire of failure Those with strong willpower, however, never cease trying, no matter how many times their efforts fail, until they reach their legitimate goals

* * *

O Universal Physician, let me drink until I am quenched from the sweet, healing waters of your peace, so that I may feel your refreshing joy and your vitality that is untouched by weakness and fatigue

* * *

The divine voice speaks to all sincere hearts that resonate with higher vibrations The voice of wisdom traverses the ether in search of harmonious thoughts that seek peace, joy, and sacred knowledge

* * *

Man gives us his advice and then leaves us to reap the fruits of our deeds [which may be the result of his wrong advice] But God gives us guidance and His way always leads to happiness and goodness

Let us live in God's light and realize that behind this earthly nightmare lies an eternal awakening Let us feel the divine presence behind every dark shadow

* * *

Just as the bee always seeks out sweet flowers, so divine love will come into our lives when they are filled with good thoughts and good intentions

* * *

When you are filled with joy for making others happy, treating them kindly and making them feel safe and at peace, you please God and are considered successful in life

* * *

When we encounter problems with our friends or loved ones, we should try to resolve the situation as quickly as possible It's pointless and unwise to escalate the situation with blame, arguments, and shouting, even if the other person is at fault We can help our loved ones improve their behavior and correct their mistakes through our positive example, rather than resorting to harsh condemnation and hurtful words

* * *

Lord, I ask that my soul may find peace and see the rays of hope behind the clouds of indifference May the moon of certainty rise in the sky of my heart, so that I may feel tranquility and peace of mind

Now I feel you shining on the horizon of my mind, and the clouds of ignorance are dispelling thanks to your blessed light and your comforting and blessed presence

* * *

The heart of the sincere seeker constantly echoes:

"My God and my Beloved, I do not want to be ensnared by the traps and illusions of this world, and I only want to awaken Your love in people's souls My heart, my soul, my body, my mind, and all that I possess are Yours" Such love finds its way to God, and such a seeker comes to know God

My beloved God, I know that You are present everywhere Just as precious oil lies hidden in unpressed olives, so too is the oil of Your blessed presence distilled in the press of contemplation upon You and the ever-increasing longing for You

* * *

Temptation is a deceptive, contradictory, and predictable compulsive idea of pleasure The energy generated by this idea should be used in the pursuit of truth that brings happiness, rather than in misguided actions that cause anxiety and suffering

Through experience, self-discipline, and wisdom, we learn to distinguish between the paltry, false charms of this world and the great and infinite beauties and joys of God

* * *

* The faith in my heart is born of intuitive perception It urges me and whispers to me to dig for the treasure of divine love within me

Thinking about God is the greatest antidote to the worries of this world, and therefore I will practice it sincerely, deeply and consistently

* O Lord, touch the eye of my contemplation so that it turns inward and beholds the sun of spiritual bliss blazing in my heart

And help me to open the doors of tranquility to receive the healing rays of your blessed light

I will banish despair and do my best to feel Your presence, O Lord, in contemplation, and I will seek You with all my heart and limbs until You reveal Yourself to me

Confining one's thoughts to fleeting and changing circumstances and conditions will limit awareness of external matters Instead, one should focus on the eternal, the unchanging, and make it the center of attention and thought Those who do so will be enveloped by spiritual magnetism and illuminated by divine light

* * *

May your fragrance, O Lord, emanate from the flower of my soul and draw souls to the temple of your presence

May your love throb in my heart, so that it may beat in harmony and accord with everyone

Bless my thoughts, O Lord, that I may bring the thirsty of my soul to the fountain of Your peace Be my eternal guest and dwell in the temple of my tranquility and joy

I will never forget you, and I will never walk the paths of life without you

Grant me overwhelming heartfelt longings, and in the living echo of devotion to you, let me hear your blessed voice

Every day I will seek happiness more and more within my mind and less and less through material desires

I bow down to You, Lord, in gratitude and thankfulness, for by Your grace, my spiritual inclinations and positive tendencies will overcome life's negativity and evils Help me to strengthen my resolve to abandon harmful habits that bring bad results and to cultivate beneficial habits that bring good results And help me to keep the flame of hope burning in my heart as I journey towards You

* * *

Human will should not be enslaved by whims, desires, and harmful habits This does not mean refraining from using the will, but rather exercising discernment in its application so that it aligns with the divine will

Anyone who desires happiness and success must have a firm faith in God, raise their awareness to the level of inner peace and tranquility, focus on courage and boldness, possess willpower and determination, and perform their duties calmly and confidently

* * *

I am ready to give my entire life to one sincere person, but I shun hypocrites and insincere individuals I neither flatter nor deceive anyone, and this is how we should live in this world

* * *

We must have the courage, be sincere, and surround ourselves not only with those we can inspire, but also with those who can inspire us

* * *

I can accomplish all my duties only by borrowing my strength from God Therefore, my first desire is to please Him God is the first love in my heart, the greatest ambition within me, and the ultimate goal of my will and mind

Balance is beautiful and should be the foundation and cornerstone of our feelings and thoughts

* * *

The altruistic person, the lover of selflessness, does not allow selfishness to dictate to him, for it is

impossible to experience pure joy unless one is broad-minded and kind-hearted, seeking and desiring happiness for others as well as for oneself This is a universal and unchanging principle

* * *

I still remember when I had an unexpected experience; from behind the clouds of contemplation, the dawn of spiritual bliss suddenly emerged and engulfed my being

That blessed experience exceeded all expectations I felt an indescribable joy, and the light of bliss illuminated every dark corner of my consciousness, dispelling the shadows of confusion and questions That light—like X-rays—pierced through rough surfaces and revealed things that lay beyond the horizon of ordinary vision

* * *

The ceaseless beating of your heart gently proclaims the presence of infinite power beyond the gates of your knowledge The gentle pulsations of all-encompassing life whisper to you:

"Do not merely receive a meager stream of my life, but expand the scope of your senses and let me immerse your blood, body, mind, senses, and soul in the pulse of my cosmic life"

* * *

Lord, let me feel Your presence in every action I take Help me to dispel the shadow of fear that obscures the light of Your guidance And let the flowers of my longing bloom in the garden of my heart as I await the dawn of Your coming

* * *

Banish thoughts of failure with positive thoughts of success and be optimistic, and get rid of fears by not thinking about them

Dispel sorrows with the light of happiness, and replace idle talk with affection and courtesy

Remove unhealthy thoughts from the throne of health and replace them with sound thoughts and healthy feelings

Relieve your heart of turmoil and anxiety, and banish the clouds of ignorance from the horizon of your life

* * *

The person who triumphs in the battle of life carries his suffering as a badge of honor on his chest

* * *

Bless me, O Lord, so that I see only good, think only good, and associate only with good and virtuous people And let me contemplate You, O You who are the source of all goodness and righteousness

Keep the ghosts of darkness away from me, and look upon me from the heart of the sky and from the gateways of my heart and my feelings, and appear to me in the temple of my love for you

* * *

We must do our best to keep our feelings under control at all times, so that we can control our emotions and restrain ourselves whenever we meet people of bad character who like to disturb

the peace of others and spoil the atmosphere around them

The first consideration in a person's behavior is self-improvement A good person, through his noble conduct, can help those around him to change for the better

* * *

Obsession with desires blinds the mind, and when the fog of desires overwhelms a person's intellect, they lose their inner balance and act without discernment, knowing that innate discernment is the driving force behind every sound action and upright behavior When the steering wheel of a person's mental faculties breaks, they will inevitably end up in the abyss of pain and misery

* * *

Sooner or later, the illusions of life will fade, and its purpose will become clear When the illusions of childhood and youth dissipate, what remains? We can only find true happiness in closeness to God and in feeling His presence, which fills the soul with tranquility and peace

* * *

We must be realistic in our expectations and ask God to fulfill only our essential needs, and to know the difference between actual needs and unnecessary desires The best way to distinguish between what is necessary and what is unnecessary is to resort to logic and reason and

not to desire to obtain sterile things that do not benefit us and are better off without

* * *

I may travel beyond the farthest planets and stars

But I will always love you

Your followers may come, or they may go their own way

But I will always be with you and love you

I may be tossed about by waves of multiple incarnations

I feel lonely and lonely

However, I will always love you

The distracted world may forget you

But I will always remember you

My voice may fade and fail me

But in the words of my soul I will whisper:

"I will love you always"

Trials, illnesses, and death may tear me apart

My body was sifted, but as long as it remains in my memory

A glimmer of hope remains; look into my dying eyes

Through them I will tell you:

I will love you forever

And I will always remain loyal to you!

* * *

When you say "God is with me," only good will come to you from the thoughts of others Surround yourself with God, for His most holy name is a supreme power, an impenetrable shield against

which all negative vibrations and thoughts will bend and deflect

Spiritual joy lies in constant contemplation of God and an ever-increasing longing for Him, and a time will come when the mind will no longer waver or be shaken by anxiety Then, no physical affliction or psychological crisis will be able to divert consciousness from the presence of the living God

How wonderful it is to feel close to God, to think about Him, and to feel His presence constantly!

* * *

You should strive to achieve your legitimate goal with optimism and joy, and the mere expectation of achieving it should bring joy to your soul You should also rejoice when you achieve that goal because it is an achievement worthy of your delight

* * *

It is said that the bee is so enamored with the fragrance of the lotus that it lingers in the heart of the flower for a long time, sucking the nectar In doing so, the lotus petals close upon it, and it meets its death inside the lotus Then there is the deer of the northern regions, intoxicated by the melodies of the flute When the hunter plays the flute, the deer comes to him and meets its fatal fate There are also some domesticated elephants; the female elephant is used to lure and capture

other elephants In this context, a great philosopher said something to the effect of:

The bee is fascinated by the fragrance
And the deer makes a whistling sound
The elephant in captivity falls
Because of the arousing touch

But what about the human being who possesses all those senses? The philosopher's advice to him is: "Do not be a slave to your senses, and do not let anything or anyone control you"

As for me, I say: “Remember that all your senses have been placed at your service and should listen to your commands and comply with your conscious will”

* * *

Water and ice are manifestations of two invisible elements, oxygen and hydrogen, and their existence is merely a formless and transient one Similarly, the human mind and matter are manifestations of the universal mind, possessing only a limited, relative existence, for in truth, only the universal mind truly exists absolutely

* * *

There are people who trust no one and doubt the possibility of finding true friends; some even boast of their ability to do without friends But those who are incapable of showing affection and friendship to others ignore the law of spiritual expansion, through which the soul broadens its

horizons and returns to the embrace of the divine spirit

* * *

When a person analyzes himself, he must have a strong desire to eliminate his weaknesses and make himself what he should be, and not let discouragement weaken his resolve when recognizing the flaws that honest self-analysis sheds light on

* * *

The two conditions for happiness: living simply and thinking highly

When I was a child, I wrote a letter to God I was young and barely knew how to write, but I told him many things I didn't ask for anything for myself, but I asked him to teach me something about himself, and every day I waited for the postman to bring me the answer to my letter

I never doubted in my heart And one day I received the answer in a vision, when I saw the letters of a blessed message shining with golden light I could not read it well, but I understood the message as follows: "I am Life and I am Love, and I care for you through your parents!" Then I understood and felt the divine presence

* * *

I will work on forgetting my past difficulties, I will face the present with courage, and I will wait for the future with complete confidence in God

I know that all the good wishes I feel in my heart will come true with God's help

I will do my best to improve myself in order to gain a greater understanding of the meaning of life, and I will try my best to acquire wisdom, awaken the insight of the soul, and unite with the ultimate truth

* * *

O Lord, I will rejoice in the light and love which are from Your abundant grace, and I will raise to You verses of thanks and gratitude in recognition of Your kindness

I will adopt sincerity in thought, word, and deed, and I will try to make others happy because my happiness comes from their happiness, and I will dissolve my small self into the self of the whole the universal self

Love is the pulse of all creation

Love is a silent conversation between two hearts

Love is God's call to all creation

So that it may return to its heavenly home the home of cosmic unity

Love is born in the gardens of blossoming souls It is the oldest and sweetest nectar, preserved in the vials of loyal and genuine hearts

Those who know themselves understand that all the power necessary to accomplish tasks flows from God Those who attain spiritual tranquility (peace of mind) experience a renewed inner joy, regardless of their role on this earth Such a person lives and conducts their life according to God's will

* * *

Mental disturbances disrupt and distract the mind, a volatile mood obscures clear vision, and emotional outbursts cause misunderstandings Most people act not with understanding and deliberation, but according to their moods Furthermore, biases and prejudices cloud the lens of discernment, distort understanding, and prevent clear and unambiguous perception Therefore, insight must be purified of all sources of confusion, agitation, and prejudice that hinder sound judgment and accurate perception

* * *

There is a Lord of this universe who has granted humankind independence, ability, and intellect Humans can find God through the gift of reason, but if they waste their time in frivolity without making the necessary effort to find the meaning of life and to know their Creator, they squander the precious energies bestowed upon them by God and will never find true happiness

Although I do many things, I don't feel restricted by what I do, because I realize that this world is not my home

* * *

The search for God does not excuse us from neglecting our material, intellectual, and social duties in the struggles of life On the other hand, the truly spiritual seeker learns self-discipline and control over their emotions, habits, and desires in

order to liberate the temple of life from the darkness of ignorance so that they may perceive the divine presence Just as jewels in a dark house cannot be seen, so too spiritual awareness cannot be experienced as long as the forces of ignorance and psychological dissonance hold sway over a person

* * *

The sea may wish to pour itself into a cup, but the cup can only hold its own Similarly, truth is for everyone, but those with limited awareness do not delve deeply enough to search and explore, nor do they bother to dive beneath the surface; therefore, they cannot find the truth We must do our utmost to conduct in-depth research and uncover the treasures

* * *

He likes to reject any negative thought that tries to intrude on his consciousness while he is focused on a serious matter or important issue Most people think about other things when they are doing important things For example, while the judge was delivering his final verdict on a delicate matter of life or death for another person, he was simultaneously thinking about the poor treatment he had received from his wife that same day, and he was upset that his ruling at home was not being enforced

If this judge makes a wrong decision and sentences an innocent person to death due to a lack of concentration, he will in turn stand accused

and convicted before the greatest judge, which is the universal law that knows no favoritism or nepotism

* * *

The breeze of your inspiration has dispelled all clouds, and the sky of my thoughts is now clear and pure, and with purified eyes I see you everywhere The rays of your blessed sun penetrate the depths of my being, and with the hunger of generations I am nourished by your blessed light

* * *

In this fickle, perilous, and uncertain world, you feel utterly alone Only God will never forsake you or disappoint your hopes

Bless me, Lord, so that I may cultivate the seeds of spiritual strength and success within me, and so that I may use that strength in ways that please You

* * *

O Lord, in the solitude of my thoughts, I yearn to hear Your voice Banish from me the worldly voices nesting in my memory I long to hear Your serene voice resonating deep within my soul Take hold of my being and let me feel Your blessed presence within me and all around me

* * *

It is easy to tell whether a person is intellectually nourished by a peaceful or quarrelsome environment

* * *

Internal fears, psychological distress, or anxiety stemming from associating with the wrong kind of friends and relatives all contribute to a confused mind and a troubled mood Those with calm and peaceful temperaments, on the other hand, help to create a healthy and magnetic mindset

* * *

God tests us to strengthen our resolve, not to break us Ignorance destroys us if we place all our trust in the flesh Those who persevere in their search for truth find eternal life This world is a blazing furnace in which our souls are forged, emerging as steel of wisdom and spiritual strength

Human beings possess untapped potential—all the power they need God has endowed them with the power of reason to liberate themselves from worldly constraints that bind them and keep them captive to habits and desires Those who resolve today not to allow life's challenges to break their will and hinder their progress will be given the ability to overcome them

* * *

Don't reveal all your secrets to others in the name of honesty If you expose your weaknesses to those who are careless, they will seize the opportunity to mock you when they want to harm you Why give them something they can use against you and cause you pain?

* * *

O refreshing drink of my heart, I drink you again and again, yet the bottle of my

consciousness remains ever overflowing I know not the name of this blessed drink, but I know it is the nectar of divine love that grants me renewed spiritual joy

Spiritual joy is ever-renewing because it is not born of fleeting desires It manifests in the yearning soul in those moments when mental anxieties melt away and harmful habits and troubling tendencies vanish under the touch of inner peace emanating from the depths of the soul's insight

* * *

There is no comparison between the rich of the earth and the rich of the spirit, because the rich of the spirit are the richest of the rich in the eyes of God

Today, I resolve not to succumb to despair, frustration, and regret over lost hopes and unfulfilled dreams Instead of allowing myself to remain confined and limited, I will live according to the promptings of wisdom, knowing that in doing so, I will find the happiness I seek

* * *

Thank you, Lord, for remembering me always, even when I don't remember you, and for filling me with gratitude for the blessings you have bestowed upon me Bless me so that I may live with constant remembrance of you

* * *

When consciousness is purified of prejudice and freed from illusions, we will possess an understanding that inspires us not only at specific times but every day of our lives by renewing the

vitality and youth of our bodies, strengthening our thoughts, and charging our souls with currents of wisdom and happiness

* * *

Develop the habit of speaking the truth without saying what is unnecessary, and avoid saying anything that might harm others or that does not serve the truth

* * *

Most businessmen are neither efficient at making money, nor successful in managing their businesses, nor are they wise husbands, because when they are in their offices they are preoccupied with their domestic problems with their wives, and when they are at home their minds are consumed by their work problems One should not try to focus on more than one thing at a time

* * *

If a person who is wrong decides to reform himself and improve his condition for the better by associating with good people, he will change for the better, while a spiritual person loses his spirituality and regresses in the company of those with wrong motives and evil tendencies

* * *

Remember that the desire to draw closer to God is the greatest and noblest use of willpower, for God alone is eternal and everlasting, and from Him comes all goodness Cultivate your willpower and avoid harmful desires; do not use your willpower to fulfill them, for it is a futile effort and a waste of energy Fulfill your duties in this life to the

best of your ability, while simultaneously viewing life as a fleeting dream Sharpen your resolve and ground your will in the knowledge of God

* * *

If a person lives his life with wisdom and insight, he will find that death is a reward and a transition to a better state in a better world

* * *

Master Paramahansa gave the following advice to one of his disciples:

Don't be one-sided; instead, live a life of order and balance, prioritizing your duties Duty is work done willingly and with genuine desire, not with resentment or a sense of obligation While spiritual and moral awareness should be paramount, material duty should not be neglected, as it is extremely important and should be reinforced by social, national, and international obligations

* * *

"And above all, be honest with yourself"

This phrase crowns a list of famous pieces of advice given to Polonius in Shakespeare's Hamlet, and it means, among other things, being true to oneself and not doing what one feels deep down is wrong Indeed, a clear and living conscience bestows upon its possessor a joy and strength that surpass in value and importance all the treasures of the universe

* * *

The power of supreme concentration calms the storms of anxiety, reduces the momentum of

worries, curbs unruly desires, and attracts divine wisdom that does not change or alter

* * *

Success does not depend on fate or luck, but on self-alignment, through contemplation, with the laws of the universe

* * *

Nothing and no one should be allowed to occupy the throne of the heart, which should be dedicated to God alone

* * *

A person's temperament makes their feelings cold and their understanding deficient, making it impossible for them to get along with others

* * *

Home life should be a paradise, but bad tempers can turn it into hell A husband might come home from work to find his wife depressed and upset, making it impossible for him to communicate with her Or he might return home in a bad mood, making it impossible for her to communicate with him Thus, many problems befall others because of unhealthy tempers

When a family member is seething with anger or indifferent, you are immediately affected by their temperament Or you might approach someone in high spirits, only to find them moody and argumentative, and they utter hurtful words that instantly dispel your joy, making you want to distance yourself

Don't pay attention to other people's personalities and don't let them influence you

* * *

I have faced many trials in life, and the most difficult of these were with people who misjudged me I have seen people I loved and gave my heart to misunderstand me and turn against me But this did not create bitterness in my soul because bitterness clouds understanding

I do not allow myself to be hurt by others' misunderstandings of me, but instead I try to help them if they are receptive and send them good intentions and kind wishes

* * *

Righteous deeds are like sipping the sweet, pleasant nectar of goodness, while evil deeds are of an antagonistic nature, like consuming poisoned honey Actions and behaviors that harm health and lead to psychological distress and ignorance should be avoided entirely Unjustified indulgence in harmful substances of all kinds is the gateway through which psychological troubles, illnesses, and physical pains enter

* * *

O my divine beloved

You are the wellspring of affection flowing from the heart of friendship, and the hidden rays of warmth that open the buds of feelings in the hearts of friends

And sentimental poems that glorify nobility, loyalty, and devotion

* * *

The more I send out my compassion and goodwill to others, the more I open spiritual channels through which God's love flows to me Divine love is the magnet that attracts and brings the greatest good

* * *

It is essential for a person to resolve to maintain their inner peace and tranquility, even if they live with troublesome relatives, work for a harsh employer, deal with those they consider adversaries, or face any of life's trials If they persevere with this resolve in their daily lives and do not become discouraged after a few days of such experiences, they will achieve inner balance and find psychological happiness

* * *

Evil and sin are not inherent in human nature, but are imported from the outside and implanted within oneself

* * *

Gold buried beneath mud does not lose its essence; it shines with its natural purity once the mud is removed Similarly, goodness exists within the human soul despite the layers of ignorance that cover and obscure it No matter how tarnished the gold of the soul becomes by the thick, hardened mud of ignorance, we need only wash away that mud with the water of wisdom to reveal the beautiful radiance of the soul's true gold

* * *

People often focus on criticizing each other, and that is why they do not notice the good qualities that the other party possesses

* * *

Ignorance exists equally in both East and West When the ignorant from East and West meet, they quarrel and cannot agree, demonstrating their glorification of pride and self-righteousness without listening to or respecting other viewpoints, even if they are correct However, when the wise from East and West meet, they examine matters objectively and work towards fruitful cooperation that benefits everyone

* * *

God has given us a soul, a mind, and a body, and we must cultivate these gifts in a harmonious and balanced way We must not allow ourselves to become slaves to our environment or prisoners of habit

* * *

Spiritually developed parents can help the world by raising children with spiritual dispositions and by adopting a moderate lifestyle characterized by contemplation and self-discipline

* * *

A wish is a desire that lacks the ability to be fulfilled, while intention is stronger than a wish Willpower, on the other hand, is the driving force behind that desire, coupled with the active energy to bring it to fruition This entails focused and continuous effort until the desire is realized How few people truly desire and achieve what they wish

to achieve! Of course, one should not use willpower to commit shameful and reprehensible acts, as this transgresses the true purpose of willpower and brings about adverse and harmful consequences Human willpower should be guided by wisdom and discernment, leading to enlightenment and closeness to God

* * *

Everything that is beautiful and worthwhile in this life is often hidden in mines shrouded in mystery Rare jewels are hard to find easily, and precious spiritual treasures must be unearthed and extracted with the tools of understanding and wisdom

* * *

Bringing joy to others through kind words and sincere advice are hallmarks of true greatness Conversely, hurting others with sarcastic remarks, negative stares, and selfish suggestions is a sign of malice A hurtful look and angry breath wound more deeply than a painful punch or blow Ridicule and mockery reveal the spirit of defiance and anger in wrongdoers, while friendly suggestions inspire remorse and wonder

* * *

Sometimes God reveals himself to his lovers as a great light, or as a cosmic voice, or as boundless joy, or as love of utmost sweetness, or as understanding, wisdom, and knowledge His light extends and spreads like cosmic wings over eternity, and sometimes I see this earth as a

dream in the heart of that light, and thus I realized that the world is a dream

* * *

We must do our best to purify our hearts with wisdom and cleanse them with the love of God, and to realize that we are all brothers and sisters, walking together to our heavenly home

* * *

Your greatest happiness lies in your constant readiness to learn and act correctly The more you improve yourself, the more you help to improve others around you The person who improves themselves is always happy, and the happier you are, the happier you make others around you

* * *

Let us work together to feed the hungry, provide clothes and medicine to those in need, comfort the grieving, wipe away the tears of the deprived, bring joy to their souls, and put a smile on their faces

* * *

If God had not placed His love in the hearts of mothers, they would not be able to love their children Divine love flows through the hearts of mothers The home is filled with grace because of the presence of the universal Mother in the form of a human mother, and we must keep the flame of maternal love alive in our hearts

* * *

Life here seems barren and chaotic until we reach the shores of safety We must not pin our hopes on fleeting worldly goals and fragile material

attachments Such flimsy connections unconsciously distance us from our ultimate purpose, just as they distance us from our true selves

* * *

The voice of God lies behind the appearances of life, constantly calling to us and speaking to us from flowers, holy books, and our consciences, and through all the beautiful things that make life worth living His glory is revealed in the spiritual tranquility that the soul feels and in the earnest attempt of the mind to harmonize with Him

* * *

Lord, make me an eagle of spiritual progress soaring high above the dusty alleys of narrow-mindedness and exaggeration of opinion and belief

Call me to higher and higher layers, beyond the earth tremors and the clouds that block the sunlight

Let me ride the wings of balance to those lofty skies of high perceptions

Above all storms and hurricanes, I will set out in search of the heavenly nest

Lord, make me an eagle of spiritual progress, always seeking you with longing and eagerness

O Lord, refresh us with the sweet breezes of Your presence, fill us with longing for Your glorious presence, and let our beings be enriched by Your divine wisdom Let us feel Your holy light permeate every aspect of our lives, strengthening our resolve, dispelling our darkness, filling us with

peace and optimism, and granting us the energy to perform good deeds

* * *

Whoever gives mental and material assistance to others with a heart overflowing with kindness and generosity will find that what he gives comes back to him, and this is the law of action that applies to hearts

* * *

What a person feels toward others creates constant vibrations in the ether, attracting a corresponding amount of empathy and kindness He who forgives those who have wronged him will attract forgiveness and tolerance for himself

* * *

Just as one cannot speak through a broken telephone, so too one cannot effectively broadcast prayers through a mind crippled by the hammer blows of anxiety, worry, discontent, and attachment to fleeting worldly glories Rather, that mind can be repaired through profound tranquility and serenity, thereby enhancing its capacity to transmit spiritual calls and receive blessings and sublime insights

* * *

In this fickle, perilous, and uncertain world, you feel utterly alone Only God will never forsake you or disappoint your hopes

* * *

O Lord, make me transparent with purity so that I may reflect Your healing light within me

Calm the mirror of my mind, which is shaking with anxiety, so that it may reflect your infinite face

Open the windows of faith in my soul so that I may breathe in the fragrance of your peace

O You Who are radiant in Yourself! O You Who possess majesty beyond description! Look into my yearning eyes, so that I may see nothing in the world but You!

* * *

Different sounds have different effects on the nervous system Dissonant sounds have an irritating effect on the nerves, while harmonic sounds activate the relaxed and atrophied tissues of the nervous system by awakening its vital force

Therefore, a kind and gentle word, an inspiring song, and a voice of wisdom whispering in the sanctuary of the soul all have a profound and unimaginable effect on the human soul

Life is like a short journey [into a forest] No sooner is lunch prepared and placed on the table than a beast bursts in, forcing everyone else to leave Most people live like this They work hard to accumulate some money and attain some happiness and security, only to be struck by the beast of illness and other calamities, their hearts stop, and they are forced to depart People don't have to live like this, allowing endless tasks to steal their time and enslave them Many years have passed in this manner Those who resolve not to let difficulties hold them back will be given the strength to overcome them

* * *

As a general rule, the word "food" is only used in relation to physical nourishment, but there are other types of nourishment, such as intellectual activity, mental focus, and spiritual wisdom The first type (food) nourishes the body, the second type (mental focus) nourishes the mind, and the third type (spiritual wisdom) nourishes the soul

* * *

Have you ever tried to grasp that elusive "other thing," that ever-shifting and vanishing mirage in the desert, that you still sense even after fulfilling all your desires? Humans yearn for something until they possess it, but once it's within their grasp, they inevitably tire of it and crave something else Even if life grants a person everything their heart desires—wealth, power, friends—they will eventually feel dissatisfied and begin searching for more But there is one thing a person never tires of, and once they find it, they will desire nothing else and will never exchange it for anything else: the pure joy of the soul, residing in the deepest recesses of the self

* * *

The world has been shaken and destabilized throughout history In war, the world becomes a place of suffering and pain for millions of people True and lasting happiness lies in experiencing the divine presence, and there is no greater happiness or gain than attaining that happiness

* * *

Why do people do things that give little pleasure and a lot of trouble?

The answer is "habit," which is the decisive factor in human destiny Many people persist in harmful practices despite knowing the pain and damage they cause, due to the iron grip of habit The camel eats thorny bushes even though it draws blood from its mouth The pleasure-seeker indulges in his pleasures despite the harm they inflict on his health The alcoholic drinks to death, ignorant of the spiritual joy within, which cannot be compared to any other pleasure The greedy person destroys his happiness by relentlessly chasing after material possessions, unaware that if he were to reflect for a while, he would attain a happiness that gold cannot buy

* * *

In your holy light I will remain awake forever, enjoying the sight of your blessed face forever

I searched for love through fleeting emotions, and after wandering through the deserts of limited human love, I eventually found the oasis of divine love

Spiritual Musings

For the wise teacher Paramhansa Yogananda

God is the reservoir of divine wisdom, whose breadth is limitless and whose contents are inexhaustible, and human souls are the channels through which that wisdom flows

There are wide, open channels and narrow, rusty ones The larger the channel, the greater and more abundant the divine grace flows

* * *

Pain has useful lessons for the intelligent and willing to learn, but pain turns into a tyrannical oppressor for the complaining and disgruntled

Pain can teach us almost anything Its lessons urge us to develop discernment, self-control, detachment, morality, and heightened awareness

For example, stomach pain tells us not to overeat and to be careful about what we consume

The pain caused by the loss of possessions or loved ones reminds us of the temporary nature of all things in this world of illusions

The consequences of wrong actions motivate us to distinguish between right and wrong

But why don't people learn from wisdom? Then they wouldn't subject themselves to painful and unnecessary discipline from the tyrant of pain!

* * *

O my divine beloved

You are present in every corner of the universe

She hides in the heart of flowers and roses

She gazes at me from the moon's window

From behind the curtain of nature

And the illusions were hidden from me

Do not neglect me for even a blink of an eye

* * *

People think that asceticism is about depriving oneself, but that's not entirely true I gave up small desires for the greatest treasure in existence

* * *

In his constant search for happiness – through reprehensible or righteous means – man is in fact searching for spiritual joy

There are two kinds of joy: false joy and genuine joy

False joy is followed by sadness and pain, while the end of genuine joy is always happy, even if its beginnings were sad or discouraging

God is the lasting joy, and when the seeker finds Him, he will find that other thing he has been searching for and searching for without stopping, even after achieving those desires that he thought would bring him happiness

In this ever-renewing joy, the seeker will find all the happiness he sought in all other things

* * *

Tomorrow is determined by today, so I will analyze my life and understand what it is, and then devise ways to make it what it should be

Today I will cultivate the spirit of initiative, for the one who takes initiative is like a piercing meteor, creating something from nothing

It makes the impossible seem possible through the power of the great creative spirit

* * *

God's power is present in every atom of my being, in every living cell, every nerve, and in the brain and tissues

I am fine because that blessed power permeates every part of my body

* * *

Whoever is able to maintain his peace and perform his duties calmly has connected himself to the universal spirit whose peace fills existence

No matter how harsh life events may be, and no matter how difficult experiences may seem, the psychological state should reflect calmness and the mind should maintain its balance

Neither terrible failure should shake the foundations of the soul, nor should brilliant success make it ecstatic

Whoever shows calmness and composure – truly, not pretending – has reached the shores of true tranquility and peace that cannot be disturbed by external influences

Whoever wants to change for the better must develop a strong, silent, calm will and not give up on good decisions

It is wonderful to think about God during activity and to make this practice a part of daily life

* * *

Some of those who are eager to learn walk the path for a short distance, then lose their enthusiasm, change direction, and forget their decisions

Others do their best to continue the journey, despite occasionally succumbing to old habits, but they nevertheless continue to walk and exert effort, so their tendencies become more refined,

and they become strong, healthy, and energetic as the days go by

* * *

Positive thinking leads to seeing the unseen divine power that can expand small intellectual outlets and limited sensory perceptions, and witness flashes of the greatest good, and open a great window of unlimited width through which the divine presence can be seen in all its splendor and divine abundance everywhere

Tranquility is what the whole world needs, especially those who walk the path of contemplation and wish to reach lofty spiritual horizons

Spiritual efforts that are made quietly and peacefully are usually effective and fruitful, because when physical movements cease, thoughts become active and dormant spiritual energies are awakened

* * *

We shouldn't feel discouraged or frustrated by our mistakes, but rather we should always look at the bright side of our experiences and learn from them And whatever happens, we should turn to God for help and guidance

* * *

A new disciple thought he could grasp spiritual teachings through theoretical study alone, and moreover, he was also eager to teach others, so the teacher Paramhansa said to him:

"Spiritual awareness is not an external grafting (like a plant) but rather growth and development from within"

* * *

The following message was addressed by Master Paramhansa Yogananda to his students in January 1944 while he was writing his book, Autobiography of a Yogi , which has been translated into 35 languages and continues to be printed and popular since its release about 70 years ago

My dear friends:

Freedom of choice largely consists of all kinds of wishes, desires, intentions, and will However, a distinction must be made between actual freedom of choice and its lesser manifestations

Our efforts, our strength, and all our physical, moral, and spiritual actions begin and operate continuously through willpower

Willpower consists of continuous cycles of unwavering determination and activities centered around a desire, until it reaches a sufficient degree of strength to achieve the desired result

I learned a great lesson from the book I am writing, as I used to write without reviewing what I wrote, but I had to review every paragraph of my autobiography and I enjoyed going back to those wonderful tests while browsing the book again

I have had many adventures in this life I have lectured, built buildings, and painted, and the secret to my success has always been willpower

Everything I tried to do with willpower has been achieved, and I assure you that if you are determined to do something, it will be achieved with God's help

We should share divine joy with others There is nothing more wonderful than speaking from the heart about God

If you can convince someone that the path of sin leads to the valley of death and that the path of meditation and conformity to divine laws leads to eternal life, you will have enriched their life more than if you had given them a million dollars

Money is fleeting, but the knowledge of God remains with us and accompanies us to the next world Therefore, I feel great joy whenever I see someone striving and doing their utmost to know God

Although I plan and do many things in the world, I do it to please God Even in the midst of work and the hustle and bustle of demands, I whisper, "Where are you, Lord?" and the whole world changes and I see a great light

I am a tiny bubble in that luminous ocean, and what a great joy!

* * *

We should not keep our thoughts confined to the sad and terrible things in this life Wisdom requires us to direct our thoughts and feelings to the eternal divine power that does not change or alter

Do not consider yourself weak and feeble, for your brain stores enormous amounts of energy

sufficient to power a major city for two full days, and yet you say that you are exhausted?!

When you make an effort to achieve success, take advantage of every opportunity available without crowding out others

Once I was walking down a street in Boston and the side of the street designated for pedestrians that I was walking on was crowded with pedestrians and almost all of them were in front of me, so that it was difficult to pass anyone Nevertheless, I decided between myself that I would be at the front of the crowd without pushing anyone

I began to look for opportunities and search here and there for gaps among the pedestrians, which I used until I achieved what I wanted and became the first among the crowds without crowding anyone

Then I said, "It's okay, they can now go ahead of me after I have achieved what I intended"

* * *

God is the source of health, prosperity, wisdom, and eternal joy

When we connect with Him, our lives become complete, and without Him, life remains incomplete

Let us give our attention to that all-powerful divine force that gives us life, ability, and wisdom

Let us pray that this great truth may flow into our lives

And so that this eternal power may flow through our bodies

And so that uninterrupted joy may come to our hearts

* * *

Behind the darkness of closed eyes lie the wondrous forces of the universe, all the blessed good souls, and the eternal existence that has no limit or end

Through contemplation we come to know the absolute truth and witness its hidden works in our lives and in all the wonders of creation

If the disciple finds that he is not making progress as he wishes, he should stand with himself, examine his thoughts, and identify the obstacles that stand in his way

Often, the reason is a lack of genuine effort and a distracted mind Frequently, the obstacles stem from deeply ingrained habits that must be uprooted from the garden of life so that the roots of happiness can grow and flourish in the soil of the soul

Don't rush into doing big things just because you want to develop your willpower

To succeed, you must first test your willpower with some small things you thought you couldn't do If you put in the effort, success will be yours

I still remember all the goals that my friends and others told me I would never be able to achieve, yet I did achieve them

These people with "good intentions" can cause great harm with their opinions; may God protect us from them and their advice

Companionship has the greatest impact on willpower Going to noisy parties instead of meditating in the sanctuary of tranquility pollutes the mind with the dust of worldly vibrations so dense that it is difficult to get rid of them

A person's will is inevitably strengthened or weakened by the influence of their companions

Developing willpower through self-effort alone is extremely difficult You need a good example to emulate If you want to become a painter, live surrounded by good paintings and associate with painters If you want to become a spiritual person, befriend spiritual people of noble character

* * *

The superior human being who knew how to extend his consciousness and transform it into the infinite absolute can perceive creation as a cosmic dream, just as he can say with certain knowledge that matter does not exist

Through long stages of self-discipline and by following the path of meditation or other methods of spiritual realization such as love, service, altruism, and moving away from selfishness, the earnest seeker of God dissolves dualities and realizes the eternal unity of existence

* * *

Love is not just an emotion; it is a very real essence And when it is consciously directed, it finds its way—without error—to its goal

Love is also a great power The seeker may try many ways to find God, but he will not find Him

unless he expresses his greatest longing and deepest desire

* * *

A person becomes what their mind convinces them to be If your will is strong, you will prevail in the battle of life

The more the mind focuses its attention on transient things, the weaker its powers become, and the more it affirms the spiritual nature of the soul, the more it becomes spiritual and its powers are renewed

* * *

The world will continue its ups and downs and fluctuations, so where will we turn for guidance and direction? Not to our biased and prejudiced concepts, but to the voice of truth and guidance within us

* * *

Matter and mind, the universe with its stars and planets, the dense surface waves, the subtle transparent undercurrents of material creation, the human powers of feeling, will and consciousness, life and death, day and night, health and sickness, success and failure, are realities according to the law of relativity that governs this cosmic dream

All the dualities perceived by the law of relativity are real for the human dreamer who plays his small part in the great cosmic dream

In order for man to escape the grip of illusions – the law of relativity – he must awaken from the dream to eternal wakefulness

We cannot change the dream by imagination or by denying its existence, or by accepting "life" but rejecting "death," or by acknowledging health but ignoring illness

Each case is an integral part of its opposite, just like the two sides of a single fabric

Dualities are two sides of the same coin, and the seeker of truth does not try to separate them in his mind, but rather rises above them with wisdom and certain knowledge

* * *

God's love elevates us and broadens our understanding I cannot think of myself as confined to this body alone, for I feel that I am present in all bodies

Just as I feel my own consciousness in every part of my body, I feel that you are all a part of me, and I feel that all living beings are inside my cosmic body, and I experience everyone’s sensations

This is not a perception or imagination, but self-knowledge This awareness is more than a mind-reading exchange; it is a conscious awareness of everyone's feelings, and that state is called cosmic consciousness

When that awareness dawns within you, the awareness of the "self" fades away, and you feel that all beings are permeated by one divine life

* * *

This world is strange, as everything in it is subject to change and transformation, and for this

reason, a person should not anchor the boat of his happiness on the shores of this world

Whether you are suffering in this life or enjoying prosperity and power, your consciousness must remain unchanged If you can achieve mental balance, nothing will be able to harm you

The lives of all great people demonstrate that they attained that blessed state Those who pin their hopes on achieving worldly happiness will find many problems awaiting them, for nightmares often accompany beautiful dreams

If you consider the dream to be just a dream, no more, whether it is pleasant or terrifying, you will feel at peace, and when you realize that this life is also a dream, you will be freed from its nightmares

* * *

A person should rejoice because he can rise above the trivialities and negativity of life, and because he can – with positive thoughts – create the right conditions that attract the elements of success

A severe and volatile mood is like a cancer that gnaws at the peace of the soul, and those who suffer from a gloomy mood are unable to get rid of their problems

But bad habits and problems can be overcome with calm, rational thinking When someone with a harmful habit reveals it, they are admitting failure

* * *

O Lord, I have compared worldly temptations with Your divine love and found Your love stronger than any temptation or seduction

* * *

Just as oil makes the fire burn brighter, so anger feeds on anger and intensifies it, and rude treatment encourages others to continue their rough behavior and makes them more stubborn and rigid

A calm and gentle person overcomes anger with tranquility, calms the storm of discord by resorting to silence, and dispels discord and conflict with sweet, gentle words and consideration for the feelings of others

* * *

Teacher Paramahansa said about the truth:

"It exists even if no one believes in it, whereas theories need to be supported by ideas and words"

* * *

Love should be the master of the world

* * *

To you I come with songs of my joy

And I have brought you treasures from the treasury of my soul

And in the depths of my heart, I gather for you the nectar of divine longing

I have been parched with thirst in the desert of false hopes

But now my desires have been quenched forever

Because it draws from your abundant springs

Whispers of your sacred perfume flow towards me

My candle of happiness shines with the light of your joy

I almost died amidst the mirage of earthly oases

And now I am overwhelmed by the waves of your spirit

Oh, if only I could drown in your divine ocean and live forever

* * *

Sunny mental horizons contain ultraviolet rays that eliminate all psychological bacteria Do not block those rays with a glass barrier of narrow and limited perspectives

* * *

There should be no divisions in the house of God

* * *

Our love for others is made possible by the power of feeling love that we receive from your generous hand, O Lord

Inspire us, then, to offer you our utmost love and burning longing!

You have given us fathers and mothers, brothers and sisters, sons and daughters, cousins, and a life partner

Children and friends, perhaps we can learn how to love you with different expressions and subtle natural differences for all kinds of human relationships

O eternally loving One, O Most High Near One! Teach me to weave a bouquet of all the flowers of human love and place it as an offering in Your blessed temple

But if, due to my many loyalties, I cannot present you with the entire bouquet, I will pick one flower, the finest and freshest of flowers, and place it at your feet, hoping that you will accept it from me!

* * *

Physical appearance, especially the eyes, reveals roughly how a person was in the past The inner self strongly influences the outer form

A person's eyes are their most important physical feature, and one should strive to make their eyes beautiful How can this be done?

Our eyes clearly reveal our inner nature, and one way to beautify the appearance and expressions of the eyes is by cultivating beautiful inner thoughts and feelings

Some eyes are very cruel, and some reflect malice or selfishness

No matter how sweet a person’s words may seem and how wonderful their actions may be, you can know exactly what their true nature is through their eye expressions, as they cannot hide behind those two open windows

Therefore, a person should think beautiful and creative thoughts And because they are created in God's image, they have no right to corrupt their inner life

Beautiful eyes that reflect peace, tranquility, and sincere love should be cultivated through the development of tranquility, love, and peace

Only through this method can a spiritual magnetism be cultivated that is stronger than all the constraints and limitations of physical appearance

* * *

When we make a firm decision, after a thorough study of an issue and identifying the pros and cons related to that issue, and when we activate our will, we can make many changes in our lives that may seem impossible to change

Free will exists, and if it did not, no one would be able to escape the influences of the internal and external environment, growth would be restricted, the scope of creative activities would be narrowed, and it would be impossible for man to develop and rise above the primitive level

The concept of new social systems and progressive ideas related to independent institutional work, the methods used in advanced scientific discoveries, the diverse fields of research and studies, and creative literary activities, all confirm the ability of man to exercise freedom of choice in every field with God’s help and the power of will

* * *

Disciplined speech and freedom from anger and resentment make a person self-controlled and respected in their home This includes dealing

wisely and rationally with family conflicts or calming others with kind words

It is a sign of victory and even heroism, even according to the opponents themselves

* * *

Understanding is the most precious treasure of life It is an inner vision, an intuitive perception by which we can know the truth about ourselves and others and how to deal with all the circumstances that come our way, just as it helps us to adjust our attitudes and actions as required

In this world, our understanding is often limited, and when our mental vision is clouded, it becomes impossible to foresee things and know their consequences

Because we are unable to foresee the possible consequences of our actions, we often make incorrect decisions

In order to live in peace in this world, we must be fully aware of our environment and surroundings, and know in which direction we are heading

We must possess that inner sense that tells us what our future life will be like based on our current actions

* * *

The mind must be plowed with the plow of correct perception because its soil is dry and harsh, and its soil must be moistened with optimism and openness, and the seeds of faith must be planted in it and the seeds watered with

the waters of good will in harmony with the divine will

* * *

One of the disciples asked the teacher Paramahansa about a prayer that would bring the divine beloved to him with great speed, and the teacher said:

"God only wants the hidden gems of prayer deep in the mine of your heart"

* * *

Who gave us the ability to love? God

So who deserves our love more than anything else? God

There is no true love without God because God is love

* * *

We must not forget that God is our provider and that true prosperity is not measured by what we possess but by what we can achieve through willpower

Happiness requires making an effort to reduce desires and develop the ability to fulfill essential needs, and being optimistic that conditions will improve with God’s help despite all obstacles and impediments, no matter how difficult they may seem

* * *

The voice of wisdom speaks to all good hearts that are in harmony with high spiritual vibrations, and roams the air in search of harmonious ideas that seek peace, love, and sublime knowledge

* * *

Our hearts are the beads, and love is the string of the divine rosary that holds our hearts together

* * *

Don't let your possessions possess you

* * *

I still remember the many students who came to my teacher and then left him later because they did not have the correct understanding

I said to myself, "Many may come and many may leave, but I will remain steadfast until the end"

My teacher was a strict and polite man, and many could not bear the radiance of his brilliant wisdom and left the monastery, but I said to him one day:

"There is someone who will never leave you, and that person is me"

I am glad that I kept my promise because his spiritual guidance opened my eyes and illuminated my mind with the light of God

* * *

Remember that God's pleasure is the greatest thing of all If the whole world is pleased with you, but you do not have God's favor, you are like one grasping at wind or blowing on ashes But if the whole world is angry with you or against you, yet you possess God's favor, then you are in control and the truly happy owner of everything

* * *

Our lives depend entirely on God, and if we turn to Him and trust in His help, He will show us

the way and guide us to the right way to deal with our problems and get rid of our difficulties

* * *

Divine Sculptor

Let every beat of my heart be

A new word in the poem "My Eternal Love for You"

And let every sound my lips utter be conveyed

Blessed vibrations from your holy voice

May every thought of mine be filled with the joy of your presence

May my will be charged with your divine vitality

Adorn all my thoughts, expressions, and aspirations with Your grace

O most holy divine sculptor

Shape my life the way you see fit

According to your unique design

* * *

God answers us when we make an effort, and we will then realize that He truly exists, hears our prayers, and grants our wishes Those who consistently think about Him and meditate on Him will feel His holy presence and see His blessed light

Whoever has a sincere desire and a firm determination will inevitably reach their goal regardless of past mistakes, but continuing in those mistakes is a major sin against oneself, because whoever makes a mistake deprives themselves of true happiness

Man has the power to harm or benefit himself, and the choice is his to keep the ants of ignorance

away from him so that they do not bite him and cause him annoyance

If a person does not want to be happy, no one can make him happy, and he should not blame God for his unhappiness

If God had not given us the freedom to use our will, He would have been responsible for our misery, but He gave us that freedom, and we are the ones who shape our lives as we choose

* * *

The deeper meaning of stillness:

When the disciple is pursued by monsters of fear, illness, and other troubles, he seeks the sanctuary of tranquility within himself

The spiritually awakened person lives day and night in a fortress of tranquility that is impervious to worries and sorrows, and the horrors of the world cannot breach it

Those who enter the sanctuary of silence can communicate with other souls who love God, just as they can understand the language of roses and all living beings

The deeper the disciple's stillness, the greater his happiness

The joy that lies hidden behind the windows of thought, which needs to be explored and uncovered in the depths of silence, is a great joy that defies description

* * *

I view civilization as a garden where I see all kinds of human qualities sprouting and blossoming

Like a bee, my mind seeks out the flowers of good qualities

The bee only goes to flowers from which it can harvest the best types of honey

Similarly, we should emulate the bee, which only drinks the sweetest nectar This means we should try to absorb the good qualities and virtues we see in others

God is the blessed honey that flows into receptive souls and fills them with goodness and sweetness

* * *

Whoever wishes to broaden his horizons must rise above awareness of sect, color, race, and blind fanaticism, and practice self-control, be kind and friendly, and be moderate in food, drink, and other pleasures

He should do things that his conscience approves of and that bring him peace of mind, speak the truth, not steal, not deceive others, not indulge in pleasures that harm health and deplete vitality, and stay away from fear, anger, greed, envy, and disturbing obsessions

And that he should train himself to endure heat, cold, and other hardships without getting upset and that he should strengthen his trust in God, the greatest refuge from all fears and evils

* * *

The relationship between my teacher and me was perfect and wonderful The relationship between spiritual guide and disciple is love in its highest sense

I once left the monastic life thinking that I would be able to search for God more successfully in the Himalayas, but I was wrong and I felt that as soon as I left

When I returned a few days later, my teacher treated me as if I had never left him Instead of scolding me, he greeted me as usual and said calmly, "Let's see what we can prepare for our breakfast this morning"

So I said to him, "But aren't you angry with me, sir, because of my leaving?"

He replied: "Of course not, I don't expect anything from others, and therefore their wishes cannot conflict with mine I will not exploit you for personal gain, and nothing pleases me more than your happiness"

For the first time, I felt that someone truly loved me!

If I had been managing my father's business affairs and quit my job, he would have been furious with me For example, when I refused a lucrative job offer (at a company where my father was an executive), he didn't speak to me for seven days

My father loved me with a sincere paternal love, but it was a blind love, as he thought that money would make me happy, but money would destroy my happiness

Some time later, when I founded my school for integrated education, my father changed his mind and said, "I'm glad you didn't accept that job"

In contrast, my teacher’s attitude was completely different, as despite my leaving the

monastery, his love for me did not change, and he did not reproach me

* * *

I have lingered too long in the bed of the past, present, and future of your creation, O Lord, and I – the child of eternity – have felt anxious

I struggled time and again, but to no avail However, I finally succeeded by leaping out of the bed surrounded by barriers of deceptive relativity, and you took me in your hands and rocked me to the tunes of eternal peace

I am a child of eternity – your eternity, O Lord

I rest my head on the chest of your total existence

* * *

I am a bird of paradise: a bird of heaven crafted by your blessed hands

She adorned me with grace and exquisite colors: with the down of tenderness and the golden feathers of spiritual blossoming

I soared high in the gloomy, frowning atmosphere of life in search of a paradise of bliss, and my bright feathers were stained with dark spots of despair

Come, my God, and wash the bird of your paradise with rays of wisdom and pure, sweet waters of peace

* * *

There is a type of bacteria that is born, multiplies, and dies in just two hours

This type of test can be done in half a day or less than what a human being needs to test over a

long period of time that may extend to eighty years

The seventy or eighty years we live are but a fleeting moment in eternity From a relative perspective, everything that happens to us occurs at the same speed as it happens to the bacteria mentioned above In each fleeting moment of eternity, many years pass according to human reckoning Therefore, time is too precious to waste

* * *

A person should not do what their conscience does not approve of, and should be their own master Once they realize they are masters of their thoughts, feelings, and actions, nothing will be able to control or influence them

* * *

Although the mind has a great influence on the body, it is unwise to neglect the body

A person should eat appropriate healthy food, preferring it to unhealthy food

If your circumstances require you to live with people who make you nervous, it's advisable to change your environment from time to time But even better than that is to change your psychological state so that you are not bothered by the actions of others Change yourself, and you will then be able to live in peace and happiness anywhere

* * *

The world as a whole is like a mental asylum Some people suffer from jealousy and envy, others from anger, hatred, and lust They are victims of

their habits and emotions But you can create peace in your environment

* * *

Emotions have definite repercussions on the mind and body Envy and fear make the face appear pale, while love makes it glow

* * *

When you can be calm, you will always be happy

When you decide to change for the better, remember that good company and noble influences are extremely important and indispensable for achieving your goal

The influence of the environment – good or bad – is stronger than the will, so take that into account in your dealings and interactions with others

Self-analysis is also necessary for self-improvement

If you can analyze yourself boldly and without fear, you will be able to withstand the analysis of others and their criticism will not affect you

* * *

Someone might say: "I don't care about pleasure or happiness, I live to accomplish something to achieve success, for example"

Another might say: "I want to do good in this world, even if I am in the midst of pain and suffering"

But when we examine their ideas, we find that both strive for happiness Does the first desire success devoid of happiness? Does the other wish

well for the world without experiencing happiness himself as a result? Certainly not

They may not care about the physical pain and psychological suffering caused to them by others or that may result from circumstances inherent in achieving success or providing assistance to others, because the first finds great joy in success and the other enjoys to the fullest extent helping others despite all adverse circumstances

Even most selfless motives and sincere humanistic tendencies have stemmed from a personal drive to get closer to happiness

But that happiness is not for the opportunists and the narrow-minded, but rather it is the happiness of the generous and noble person with a broad mind and a generous and great soul

Therefore, the altruist does not allow selfishness to dictate to him, because it is impossible to find that pure happiness unless the person is broad-minded and kind-hearted, so that he seeks and desires happiness for others as well as for himself

That is a universal principle that does not change or alter

* * *

It is not required that you know all people personally and love them intimately in order to show interest in them and do them a service

What is needed is to be always ready to offer friendly service to everyone who crosses your path and is genuinely in need of that service

This requires mental effort and a sincere willingness to do it without complaining In other words, it requires sacrifice

The sun shines equally on a diamond and a piece of coal, but the diamond has developed and grown certain properties that enable it to receive sunlight and reflect it with brilliance and sparkle, while the coal is unable to show the same light

We should be like a diamond in our dealings with people and reflect the light of divine love with splendor and purity

* * *

In a speech to his disciples, Master Paramahansa said:

I cannot express in words the depth of my appreciation for your words expressing your feelings towards me

I am deeply grateful for your sincerity, your strength of spirit, and the words that come from your hearts

I am honored to be among you, and it is a pleasure to always remember my great duty towards my brothers and sisters in this world

* * *

The man who used to beat up his bosses

When you wish to establish a new habit and eliminate a bad one, focus your mind, calmly and without strain, on the center of willpower and spiritual awareness located in the forehead between the eyebrows, and firmly affirm the good habit you wish to establish Similarly, when you wish to get rid of a bad habit, concentrate on that

same point and firmly affirm that all the neural pathways in the brain where the bad habit is concentrated have been erased

I will tell you a true story about a man who was adept at slapping his bosses at work when he lost his temper As a result, he also lost job after job because he completely lost control of himself when he had a fit of anger, and he would hit anyone who opposed him with whatever he could get his hands on

He came to me seeking help, so I told him: "Next time you feel angry, count from one to one hundred before you do anything"

He tried the method but came back to me and said: "My anger increases when I do that, and I am blinded by resentment while counting because of the long wait I have" His condition seemed hopeless

Then she asked him to reflect and feel that the light of God was flooding his brain, calming his anger, soothing his nerves, softening his feelings, and removing all traces of anger from himself, and that as a result he would one day get rid of his fits of anger

It wasn't long before he came back to me again, and this time he said to me: "I have freed myself from the habit of anger, and I am grateful for that"

I decided to test him, so I asked some boys to try to tease him, and I hid in a place where I could see him but he couldn't see me The boys tried

repeatedly to provoke him, but he remained calm and didn't respond

* * *

May the promise of eternity fill our hearts and minds

And let the chapters and events of life remind us that the shadow of death does not frighten the children of light who are aware of the permanence of the soul and its close connection with its Creator

Let us realize that life and death are two waves in the sea of God, and that the soul, which is a drop from the cosmic ocean, takes on these two waves without its essential nature changing and without separating from its eternal source

Let us work to bring our true nature out of the dungeons of ignorance and into the peaks of light and knowledge

When we free our consciousness from the constraints of the body, negative thoughts, and unhealthy influences, we will touch our spiritual nature and realize that we are eternal rays of the divine sun that never sets

* * *

Those who reach a state of samadha or cosmic ecstasy find that solids turn into liquids

Liquids to gases, gases to energy, and energy to cosmic consciousness, and he feels an overwhelming joy that defies description and experiences various states of consciousness from renewed joy or infinite wisdom or supreme peace or a feeling of total presence or the melting of the self in the midst of the cosmic spirit

* * *

Nerve recovery

In deep, quiet meditation, the life force flows from the brain to all organs, sparks of light emanate from the tissues, and the vital current flows through the spine and is distributed to engulf all the body's cells, saturated with the healing energy flow, and the nerves are refreshed as a result

* * *

Types of magnets:

From ordinary magnets we can see that the strength of a magnet's attraction depends on the quality of the magnet itself

A small magnet attracts small things, and a strong magnet attracts larger things

Thus, a human magnet attracts according to its attractive force

There are also multiple types of human magnetism; some attract physical things, some psychic forces, and some attract spiritual advantages—advantages that are often latent or forgotten

Unearth the precious gems in the mines of the soul, and you will be the winner Pursue your desired goal, and be assured that sacred magnetism will draw God to you—the source of all power and goodness, and the greatest gain in life

Affirmation: I will use the blessed spiritual magnetism to attract to myself all good things and the radiations of all knowledge

* * *

God is my life He is my love He is the temple to which my heart calls to worship

God is my goal, for I cannot fulfill my duties without His help

That's why I searched for him heart and soul until I found him

Without divine, blazing love and absolute determination, it is difficult to find the cosmic beloved

* * *

A day will come when a person leaves this world Some will remember him fondly and weep for him, and others will remember him badly, but all his bad and good thoughts will accompany him

Therefore, it is a person’s duty to monitor his thoughts, scrutinize his actions, correct his mistakes, evaluate himself, and do his best

Don't pay attention to what people say about you as long as you are trying to do the right thing

I do my best not to antagonize anyone, and deep down I know very well that I have done my best to be kind and sincere to everyone

But I don't care about people's opinions of me, whether praise or condemnation, because God is with me and I am with Him, and that is what matters most

* * *

When a friendship arises between two people or a group of people on purely spiritual grounds, devoid of personal purposes and goals, that pure friendship purifies the soul of each of those friends

A heart that is purified by friendship becomes an open door to unity and closeness

Through this heart, it becomes possible to attract more good souls to enter the structure of brotherly love and enjoy tranquility and peace

* * *

I care more about the affairs of others than my own, because I do everything I do for the sake of God, and I do it with more desire and enthusiasm than if those actions were my own

If the results are contrary or unsatisfactory, I do not care or get upset because I feel that I have done my duty towards God, who is my purpose and the one behind the intention, and because I have done my best and I will repeat the attempt with great joy and determination, but without being attached to the effort or the outcome

If I were working only for myself, I would always be prey to worry and anxiety But as long as my goal is to please God, the results are for Him and not for me This is my approach to life, and in it I find my comfort and freedom

Steps on the ladder of success:

- Hard work
- Creative ability

The correct ruling

Saving and avoiding waste

- Making an effort and trying again after failure

Self-discipline and self-improvement

- Activating creative energies

Helping others

- Moreover, we should reflect on God, the source of all goodness and the origin of all success and blessing

* * *

I sing to you a song that has never been uttered before, and to you I dedicate my authentic melody that my heart plays deep within and on its strings

I have composed this first hymn of mine and here I offer it to you as a pure offering

I will not present you with dry, intellectual melodies or ornate tunes composed by others

I will give you nothing but the simple, naive melodies of my heart

I will not present you with roses cultivated in greenhouses and saturated with emotions and passions, but rather I will offer you wild flowers that have just sprouted in the fields of my longings and the meadows of my life

* * *

It is easy for a person to analyze and classify others according to specific characteristics

But it's difficult for a person to honestly and truthfully shine a spotlight on themselves Yet this is precisely what they must do to understand the necessary improvements and changes they need

The purpose of knowing our personal characteristics is to understand how we influence others

People develop impressions of a person’s nature, consciously or unconsciously, and their reaction to the vibrations emanating from him is a

subtle signal to those concerned, and the wise understand the signal

* * *

The obstacles to psychological development are:

Self-love (selfishness), vanity, greed, anger, hatred, envy, and other dark qualities that lead or drive a person to a deeper ignorance than he is

What is needed is to follow the path that leads to freedom, because human desires are driven by habits that are constantly renewed and hardly ever end or stop at a limit

These habits imprison the soul and keep it captive, making it impossible for its owner to walk the path of liberation and emancipation

* * *

The path of life is as follows:

On one side is the dark valley of ignorance, and on the other side is the bright light of wisdom

When we act with wisdom, we step safely on the path of liberation and obtain what we need

* * *

The entire universe is the creation of the divine will, and when we align ourselves with that blessed will, what we need comes to us effortlessly

* * *

When people try to deal with the complex machinery of human emotions, without prior training, the result is often painful

Few realize that happiness lies in understanding the law of human behavior

This is why some people often quarrel with their friends and family members; they do not understand others and do not see their own personal flaws

It is important not to cooperate with the wrong actions of our loved ones, but rather to silently resist those actions with constructive spiritual actions

It is also important that we do not resort to harsh methods in dealing with the abnormal behavior of our loved ones

* * *

We were deceived by the cunning hunter We float in shallow waters for a false sense of security while a deadly net of ignorance closes in on us

In the daily casting of fishing nets, many get caught and only a few survive

O infinite mercy, save us from the deadly traps of lusts, unbridled ambitions, and suffocating worldly attachments!

Let us plunge into the depths of the tranquil sea of the soul where divine union resides, and let us break free from the shackles of captivity and the chains of servitude!

* * *

Master Paramahansa said, encouraging one of his disciples:

If you are able, through your honesty, sincerity, and love for God, to convey your prayers to Him, then it does not matter if your mistakes are deeper than the ocean and higher than the Himalayas

God will remove those obstacles from your path, free you from the heavy burdens of the past, and your desire to repeat past mistakes will fade away

You may sometimes find yourself under a thick layer of darkness, but you still remain a spark of the eternal flame

You can hide the spark, but you cannot eliminate it

* * *

Making others happy through kind words motivated by good intentions and through sincere advice is a wonderful thing and a sign of nobility that characterizes great souls

As for harming another person through biting, hurtful words, sarcastic looks, or acidic suggestions, these are humiliating and annoying methods that kind-hearted people do not resort to

Sarcasm helps to reveal the spirit of rebellion and anger in the wrongdoer, while friendly words create remorse in him, which means that the person recognizes his mistakes and does not repeat them again

* * *

One of the students said, "Teacher, I have never been able to believe in heaven Does that place really exist?"

The teacher Paramahansa replied:

"Yes Those who love and trust God go to that paradise when death comes to them In that ethereal world, a person has the ability to

materialize anything they want instantly, by the power of thought"

The ethereal body is composed of radiant light In those wondrous realms there are sounds and lights unknown to the inhabitants of Earth

* * *

Happiness should be sought more and more within oneself, and less and less in material things

Be happy in your mind so that external things cannot disturb your peace and throw you off balance

Inner happiness is the only aspiration worth striving for in this life, and perseverance and determination are sufficient to attain it

Happiness is God's throne within man

* * *

Many people think they are awake, but they are not

They are mostly unconscious You must have heard of people who sleepwalk and shout "Fire! Fire!" or talk and lecture

Most people are like that Of course, I don't mean those who sincerely wish to awaken their consciousness from its slumber of spiritual ignorance

We must work to awaken those who have buried themselves under the rubble of wrong behavior and misguided living

In order to do that, we must first bring our consciousness alive from the catacombs of ignorance into the light of divine knowledge

* * *

Friendship is God’s love shining from the eyes of our lovers, and it is His call for us to return to the heavenly home to taste the sweetness of eternal union with universal love

Friendship is a sacred voice that calls upon souls to break free from the consciousness of ego and selfishness that separates us from God and humanity

True friendship is a blessed bond between conscious souls who, through their friendship, demonstrate the pure love of God and the sacred qualities of the cosmic spirit

True friendship is broad and inclusive

Selfish infatuation with one particular person to the exclusion of others is a major obstacle to friendship

The boundaries of love should be expanded to include family, neighbors, and the entire world

The universal friend is broad-minded, loves God’s creatures, and generously spreads his love wherever he goes and wherever he turns

These noble principles were lived by and advocated by all the great people

Family love is the initial training for laying the foundations of spiritual friendship

The same blood runs in the veins of all people of all races

Although we are of different nationalities and ethnicities, we are united by global bonds due to our belonging to the same divine source

* * *

The soul cannot be imprisoned behind man-made bars because it is universal in origin and universal in belonging

* * *

If we are ever going to enjoy life at all, the time is now, not tomorrow or next year

The best preparation for a better life next year is a harmonious, balanced and happy life this year

A future life (in the afterlife) full of joys and pleasures depends on our lifestyle, our way of thinking, and how we act and behave in this life

Today should be the most important and meaningful day of our lives

* * *

Meditation is the tool with which the layers that cover and obscure the face of consciousness are removed, and by using it the ever-flowing spring of divine joy bursts forth

Meditation and complete relaxation, or withdrawing thought consciously from the confused senses, is the actual and effective way to get to know God If we could do everything except meditate, we would not find a joy equal to the joy that comes when thoughts are still (in it is tranquility from your Lord) and in harmony with divine peace (Peace I leave for you)

This divine ecstasy can be experienced by using the correct method of concentration and meditation

* * *

If you search for the door in the ceiling of your room, you will not find it even if you search for

many years unless you use the correct search method and look at the wall

* * *

The day will come when I bid farewell to this world, but as long as I remain on this earth, my greatest joy lies in speaking of God’s wonders to those who trust me, and my desire lies in multiplying their longing for that divine light that has given me indescribable comfort, freedom, and security

* * *

The history of the universe, in all its minute details, is preserved in the vaults of eternity—that is another dimension Here in this limited world, we perceive length, width, thickness, and height, but there is another level where these dimensions do not exist Everything is transparent in that ethereal plane; everything is consciousness and awareness The sense of taste is a sensation, as is the sense of smell Our feelings, thoughts, and bodies are all consciousness And just as we can see, hear, smell, taste, and touch in dreams, so too can we experience all these sensations with pure, transparent consciousness or feeling in the higher realms

This is exactly what I see right now as I speak I am not in this body, but rather I am part of all that exists And the things I see are as real to me as you are to me

A person must wake up in order to see God everywhere and to know the difference between a dream and reality

I often see infinity in the place where I am, and I see that place in infinity Everything borrows life from that eternal source

When I was a child, I sat and prayed day and night, but there was no answer or responder

On one side I saw humanity, and on the other side eternity that did not speak to me

Although I thought I was alone and that everyone had abandoned me, God did not abandon me because He was always present with me in secret, behind my thoughts and feelings

And when I began to see the light within me, my soul was mysteriously filled with the blessed divine fragrance

I could see the roots of the trees and the sap flowing through them, and I felt close to God who gave me comfort and soothed my heart

I prayed and called out time and time again, day and night, and when things lost their luster and meaning for me, I renounced the world and all that is in it, including happiness, for fear that it might be material happiness, and I found God who is with me now always

The world may abandon me, but God will never forsake me for a single moment

God is everything This hall and the universe around it float like moving images on the curtain of my consciousness

I look and see nothing but the pure spirit, the transparent light, and the gentle consciousness

My body, your bodies, and all things in the world are emanations from that one divine light When I see that light, I see nothing else

When you look at the screen, you see moving images, but when you look back (in a traditional cinema), you only see a beam of light shining onto the screen It sounds unbelievable, but it's true

I used to speak about these things, but now I don't speak to those who are indifferent or unconcerned But God has allowed me to speak to you this time Everything is fleeting Pray for that which is eternal

* * *

Since we came into this world from where we do not know, it is natural for us to wonder about the origin and purpose of life

We hear about a creator of this world, we read about him, and the entire universe proclaims the existence of his divine mind

Just as the small and precise parts and devices of a small watch make us admire the watchmaker

Just as large and complex factory machines amaze us and inspire admiration for their inventor, so too when we see the wonders of nature, we are amazed by the intelligence hidden behind them, and we wonder:

"Who gave the flower its vibrant, sun-facing shape?"

Where did its fragrance and beauty come from? And how were its petals formed with such exquisite precision and dyed with such wonderful, joyful colors?

* * *

I feel you in the depths of my thoughts, I sense your presence in my deepest feelings, and I see you blossoming in the garden of my love

Fill me with the fragrance of your presence, so that I may revel in your blessed aroma

Come to me from beyond the heavens, the stars, thoughts, and feelings Show me your most sacred face and let me perceive your presence in my soul, around me, and everywhere

I have searched for you throughout the ages and eras, on the paths of desires and ambitions, and now I realize that you dwell within my soul and inspire my most sacred feelings

Do not hide from me any longer behind the flowers of feelings, thoughts, and the pulse of the soul

Adorn my soul with the jewels of Your wisdom, and breathe into me the breezes of Your bliss, and remove from me the darkness that has veiled You from my sight and my insight

O You who are beyond the stars and the blue sky, and beyond the layers of the atmosphere and all beings and existences accept the whispers of my love and immerse my being with Your love, Your light and Your peace

* * *

If you felt even a speck of divine love, you would experience an indescribable and overwhelming joy that cannot be resisted

So that it becomes difficult for you to contain it

When we are in harmony with God, our perception becomes limitless and merges into the oceanic depths of total existence

We experience great joy and supreme divine love

* * *

Some people are addicted to reading tragic novels and consider them their favorite reading material, and feel that they will continue to enjoy them until the end of their lives

But if they analyzed themselves, they would find that they often become depressed and irritable from constantly reading that type of literature

Because of this depression, they may wish to break that habit and instead form the habit of reading books and spiritual materials that inspire their thoughts and nourish their feelings with sound, sublime ideas

If they make that change, they will find that their lives have taken a wonderful new turn thanks to conscious discernment and strong determination

It is true that we can change ourselves very quickly if we want to, but changing patterns and habits of years requires real effort and a strong will

To eradicate an old and deeply rooted habit, all the forces of determination must be activated in the opposite direction until the bad habit is neutralized and its power is paralyzed

Most people lack the patience and forbearance required for this But one must realize that what one has created or done can be erased or undone

* * *

Let us abandon the boundaries of ego and wander in the vast, sprawling meadows of spiritual progress

And like the caravan of time, which is always traveling on the paths of life, so too should the caravan of the soul travel on the paths of the greatest expansion towards the outskirts of the divine spirit

The spirit of initiative to carry out life's most important duties often remains buried under the rubble and debris of human habits

A person must free himself from the discouraging influence of those habits and begin to sow the seeds of the success he longs for in the soil of his life

Life acquires value and importance when we accomplish the most urgent and essential task: finding the true meaning and value of our existence

Human beings must realize that these moving cosmic images of life are not displayed without reason

Every day we see new sights, and every day brings new lessons that we should learn by focusing on the higher purpose of human existence: to recognize the supreme being hidden behind the curtain of life

* * *

In God you will find the love of all hearts, the fulfillment of longing, and the realization of desires Everything the world gives you and then takes

away, leaving you in sorrow, pain, or frustration, you will find in God in far greater measure and without the accompanying disappointment and grief

* * *

Some people say we should rely solely on reason Others believe we should satisfy our senses Both positions are extreme

According to one theory, it's advisable to get regular medical checkups to ensure the body's health and well-being, just like having your car inspected from time to time This makes sense But humans aren't machines If your mental health depends on your physical condition, sooner or later the mind will become enslaved by the body's demands, rendering all types and quantities of medication and other physical treatments ineffective This explains why we suffer from incurable diseases Physical weakness has become entrenched because the mind has refused to be the master of the body

It's best to start with moderation If you get a minor cut, apply a little iodine, but don't rely solely on the medication Take reasonable precautions until you can gradually rely more and more on common sense

The great teachers themselves used medicines originally made from herbs and chemicals created by God

Medicines and drugs are not necessary for a spiritual teacher, but in order to demonstrate that God’s power is at work in countless ways, he may

sometimes choose to use some medical preparations

In any case, victory lies in the power of the mind When you reach the firm conviction that you can do without all medication without any adverse effects, you triumph and gain mastery over your body

* * *

The friendship we give to others should come from the heart, and affection and cooperation should not be shown on the surface while the inside implies otherwise

Spiritual law is extremely precise and powerful, and spiritual principles must not be contradicted

Therefore, it is essential not to deceive or betray friends and not to overstep the boundaries of friendship

A friend should also know when he must cooperate with his friend and when he must use his will and refrain from cooperating with him

* * *

The surface of the skin does not feel the sensations of touch; those sensations are actually experienced in the brain, and a person cannot taste, touch, smell, hear, or see except through the mind

We may perceive taste on the surface of our tongues, but in reality, it is the brain that registers that taste Similarly, when a part of the body is injured, the pain is primarily felt in the mind, not in the affected organ

We have two mechanisms for sensing pain: the nerve and the brainstem Sensation occurs when the brain allows communication between the nerve and the brainstem Unless the brain recognizes the pain, the pain does not exist

When a person is under the influence of chloroform or anesthesia, they do not feel pain because the sensations do not reach the brain At the nerve endings, there are fine hairs through which pain signals are transmitted to the brain The anesthetic prevents the transmission of these pain signals

The brain is the sensory organ of the mind, and all bodily sensations are transmitted to the mind via the nerves and the brain itself Since the mind is connected to the brain, it receives and interprets these sensations

A mind strengthened by positive thinking is less affected by sensations of pleasure and pain It is aware of these sensations but is not bound by them

* * *

Archives - From the Abyss to the Peak:

A success story as told by the sage Paramhansa Yogananda

(This is a true story translated about a person who was constantly failing, but by practicing creative thinking and positive affirmation, he was eventually able to overcome the reasons for his failure and was able to harness success to his will)

Just as there are people who are successful by nature, there are also people who fail by habit

My friend and student (S) was a failure from birth It is true that he was an intelligent, diligent and eager boy to earn money, but as soon as he thought about a job or career, the factors of failure surrounded him from the beginning

One day he came to me empty-handed, pursued by creditors, abandoned by friends, asking me for advice

I asked him about the reason for his troubles, and he said:

"Sir, I am a failure For some reason I don't know, as soon as I start a job, I lose it, and the place I work for is also harmed The employer loses his business shortly after employing me Therefore, I have become afraid to look for work for fear of disrupting the interests of the employers who will employ me, due to my failing instability I am certain that I will inevitably lose my job because the company that will employ me will declare bankruptcy and close its doors, and dismiss me as a result Therefore, I have no right to cause the destruction of other people's businesses simply because of my connection to them"

I managed to find him a job at a small company and asked him to repeat the following affirmation to himself every evening, before going to sleep and also upon waking up:

"Day after day and every day I am becoming more and more successful in my field of work"

A month passed, and (S) warned me: “Sir, the company you employed is becoming unstable and its situation is not promising I beg you to get me

out of it before it collapses completely, because I will lose my job anyway when the company fails But my resignation now might spare the company the inevitable and ominous fate due to my unfortunate vacillations”

I laughed, paying no attention to what (S) said, and instead asked him to continue to emphasize his point and keep his job Weeks later, he came to me one evening and said with a sigh:

"What I feared has happened exactly"

She asked him, "What happened?"

He said, "The company collapsed just as I told you and as I predicted"

I said to him, protesting: "Isn't it true that when you were assuring yourself, 'Day after day and every day I am becoming more and more successful in my field of work' you were actually repeating those words like a parrot? And that an octopus of doubt kept holding onto the folds of your brain so that you were saying to yourself: 'You fool, your situation is getting worse no matter how much you try to convince yourself of success!'"

He replied: "Yes, indeed that's what's actually happening"

(S) advised getting rid of the vibrations and heavy negative thoughts as soon as they appear in his mind, especially during the repetition of the positive affirmation, because the conscious mind with a firm conviction can influence the subconscious or unconscious mind, which in turn, through the law of magnetic resonance, affects the conscious mind by the power of habit

I added: “The frequent affirmation of positive thoughts and habits until they permeate and take root in the subconscious mind is sufficient to remove inherited or acquired subconscious mental barriers There is no way to succeed as long as thoughts and feelings of discouragement and frustration are entrenched in the conscious or subconscious mind Among the conditions for success are possessing creative ability, favorable circumstances, and innate tendencies If you are able to touch the higher consciousness with its unlimited capabilities, then you can create new opportunities for that success that is still eluding you and that you are unable to grasp”

And I was able to help (S) get another job, bigger than the first But after six months (which was the longest period our friend spent working), he said to me one afternoon: “The company’s situation is rapidly deteriorating, so please get rid of me quickly”

I paid no attention to his concerns, but asked him to continue with his work A few weeks later, (S) said to me with a smile: "The second job you arranged for me, sir, has gone with the wind!"

I said calmly, "Don't worry, I'll find you another job"

He replied: "Well, sir, as long as you take it upon yourself to bring down another company because of my association with its owners, I have no objection"

Through persistent effort, I found a very good job for (S) at a large company A year passed and

nothing happened, although (S) tried every week to leave the company for fear of it being destroyed like the previous ones

Finally, I asked him to invest his money in his own business, and he became frightened and stared at me in amazement, saying: "Is this what you advise me to do? Don't you think I will lose the money I have painstakingly accumulated if I invest it?"

She confidently assured him: "You must invest your money and energy in a good project, such as a local catering center that does not require a huge investment, and I am confident of your success"

Within a few years, (S) became the owner of many properties and large warehouses

Once he was convinced of his success, he found himself successful in everything he did One day he said to me, laughing: "Thanks to God and your help, I have transformed from a failure into a successful man I overcame failure and realized that my continuous failure was indeed due to a lack of understanding of my duty But I don't know how I managed to succeed after I destroyed the work of others because of my failed vacillations"

So I explained to him: “You did not cause the destruction of the interests you were working for The law of attraction that governs people, based on similar vibrations, works negatively or positively (like attracts like)

Your inherently flawed nature drew you to companies that were already on the verge of collapse, and vice versa So, you were a failure, and

the companies were also on the brink of collapse According to the law of mutual attraction, you and those companies tumbled down the hill of failure and crashed into the rocks at the same time

The moral of this story is that true success lies in creating what one needs through willpower by awakening the limitless power of higher consciousness This power can be awakened by learning the correct way to meditate and think positively and creatively in order to gain health, success, wisdom, and happiness

* * *

Window of light

In the distant past, I had a secret flashlight and I walked cautiously in the silence of inner darkness

And when I sent a hidden beam through the darkness, I saw small fish of inspirational ideas revealed by the flashing light

I used those fish as bait to catch the fish of my greater consciousness, but many of them escaped and disappeared behind the small circle of light

And from your loyal and sincere followers, rich in silver songs and golden dreams, I bought with the currency of love a luminous net of the soul’s sensations and connected them together I swept the ocean of your wisdom and caught small fish and flocks of happy feelings and precious gems of sacred memories that I had long lost and missed, and I also gained what the treasures of the world cannot equal

* * *

In this world we seem to be immersed in a sea of difficulties

God tests us in many ways He shows us our weaknesses so that we may recognize them and turn them into strengths

Sometimes He sends us overwhelming trials that seem beyond our capacity to endure, but the astute disciple says:

"I want you, Lord, and nothing will hinder my search for you My heart's prayers are:

"Do not test me by making me forget your presence and neglect to mention you"

Then God comes and wakes us up from this disturbing dream, and every seeker will sooner or later receive that wonderful test

* * *

A person can give himself positive suggestions that will positively affect the subconscious mind, which in turn affects the conscious mind

Negative suggestions, whether self-generated or from another person, are harmful to the brain and should be avoided

There are dark spirits (ghosts) roaming through space in search of minds and bodies that they can use to achieve their desires and goals

Therefore, one must be wary of the dominance of such spirits by keeping the mind occupied with positives and good thoughts

The mind should not be left empty This is, of course, different from preparing the mind to receive inspirations and higher vibrations during meditation

* * *

When money is considered a measure of happiness, it actually brings unhappiness, because it creates envy, greed, and discord among members of the same family

Life would be better for everyone if it were simpler That's why teachers encourage a simpler life

If possible, it is advisable to stay away from large cities, because city dwellers are often surrounded by noise, while a person feels freer and more energetic in smaller communities

Unfortunately, many city dwellers do not work hard to cultivate and nurture their spiritual inclinations, and some become narrow-minded and lead almost mechanical lives However, there are those who can reconcile city life with spirituality if they so choose

Unless a person brings God into their life and creates an effective balance, problems will come to them no matter what their lifestyle is

* * *

A person can have happiness in a small hut, and may fall prey to worry and misery even in a luxurious palace

Excessive luxury and indulgence in material luxuries often drives happiness away from the soul instead of bringing it

Whoever depends on satisfying his desires for his happiness cannot achieve that happiness, because happiness in this case depends on something he expects to obtain in the future

He flirts with happiness and tries to win it over without ever attaining it, like someone chasing a mirage of water in the desert

* * *

An adequate amount of sleep helps to provide the body with energy, while excessive sleep exhausts the body to the point that a person does not want to work all day, but rather finds himself dragging himself along

One way to get rid of fatigue is by oxygenating the body, that is, by supplying it with oxygen

When you feel tired, instead of heading to the kitchen for a snack, go outside for ten or fifteen minutes and breathe deeply, exhaling and inhaling

Repeat this several times Do not breathe quickly or forcefully, but rather in a comfortable, slow, and deep manner After this time spent in the open air, you will feel energetic and find that the fatigue has disappeared

* * *

Garden of Life

I will use all the powers given to me by God in a proper and beneficial way

God will help me if I help myself, praying to Him to crown my efforts with success

I have shrouded and buried failure in the graveyard of yesterday Today I will till the garden of my life with my new creative effort, and I will sow in its soil the seeds of wisdom, health, prosperity, and happiness

I will water the seeds with the waters of faith in God and self-confidence, and I will wait for the

Generous One to bestow upon me an abundant harvest

Even if I don't reap the harvest, I will still be grateful for the satisfaction I gained from trying my best

I will thank God that I am able to try again and again until I succeed with His help, and I will thank Him for fulfilling my dearest wishes and noble desires

* * *

Unless men and women understand each other's nature, they will torment each other with excruciating psychological pain

Each of them must do their best to create a balance between reason and emotion so that they become a well-rounded person

* * *

Humans were given sensation in order to protect the body Without sensation, a person could suffer a serious injury or burn without realizing it

Animals have not developed this capacity that humans possess, and therefore their sense of pain is less; otherwise, the cruelty inflicted upon them through certain methods of killing and slaughter would be unbearable A crab is thrown into boiling water, alive!

Because both pain and pleasure are creations of the mind, physical pain can be alleviated by practicing mind control Then a person can experience a sensation as an indicator of an abnormal condition, without feeling pain

Hypersensitivity to either pleasure or pain strengthens their effect, while reduced sensitivity makes a person less affected by pain and less submissive and enslaved by sensory pleasures

I trained my body and mind to become less sensitive to stimuli, and I found myself free from sensory distractions This training is the path to liberation from the grip of the senses and their endless demands

One of the doctors possessed such mental strength that he was able to perform a dangerous surgical operation on himself!

Of course, this is impossible for a mind enslaved by physical attachments But with training, the mind can become powerful and formidable The more a person trains and refines their mind, the more they can control it

A spoiled or pampered child is very distressed by even the slightest harm, while a child trained in endurance and resilience rarely shrinks back or recoils in pain in the face of serious injuries

Pulses from the depths of the soul

Teacher: Paramhansa Yogananda

Translation: Mahmoud Abbas Masoud

O eternal tranquility

Protect me from fits of intense anger that shake my nerves and inflame my brain cells

Let me abandon the habit of anger, which brings unhappiness to me and my friends

Lord, let me not indulge in selfish provocation that distances me from the affection of my loved ones

Let me not increase my anger and resentment by deliberately providing them with everything that increases their intensity

O Lord of sacred tranquility, when I am consumed by rage and anger, place before me the mirror of reprimand, in which I may see my ugliness, born of suffocating, indignant emotion!

I don't want to look ugly in front of others, with a face distorted by intense anger

I will solve life's difficulties with thoughts and actions of love, not with hatred and resentment

Bless me so that I may heal the wounds of anger within me with the balm of self-respect, and heal the sores of anger in others with the balm of gentleness, kindness, and tranquility

Restoring Transparency

May the rays of Your love, O Lord, shine equally upon all members of Your cosmic family without exception

Humanity has lost its transparency, becoming slow to understand, unable to receive your light, and it is to its own fault Help us to wipe away the fog of error from the mirror of our true understanding

Our spiritual resistance is weak and feeble, so send, O Lord, Your strength into our members so that we may dispel the thick, dark vapors that have covered our transparency and prevented the free flow of Your healing light

Oh, if only we could become clear, bright mirrors reflecting your pure, bright image!

Let me find myself in everyone

Let me realize that without Your grace and wisdom, I might have been crippled, leprous, or blind And though that would have been what I deserved, I would have longed for healing and sought it with fervor

Holy Mother, when I see people whose limbs are disfigured or who are burdened with sorrows, let me feel that it is your all-existing spirit that is suffering in their bodies and souls

Bless me so that I may feel the feelings of all my brothers, and so that I may strive to free them from their misery just as I try to free myself

As I yearn, struggle, cry, and smile for others, I must find myself in everyone

Be a beacon of my wisdom

If the boat of my mind approaches the dangerous rocks of greedy desires, driven by the storms of ignorance, then warn me, O you who are the beacon of divine wisdom

I am constantly searching for the shores of your righteousness and the safe haven of your security!

angelic melodies

The magic scepter of meditation touched all sounds and transformed them into the original sound of Om rushing through the paths of the stars, across the earth and amidst the waters

O Spirit, reveal yourself to me with the voice of Om: the universe's call to worship and contemplation

All the tissues of my body and all the wires of my nerves harmoniously sing the angelic melodies of Om

Daily prayer for holy guidance

Lord, I will exercise my will and work honestly and sincerely, but direct my insight, will, and actions in the right direction so that I may do all that I ought to do

The fragrance of reverence

I approach you with clasped hands, a bowed head, and a heart filled with the fragrance of reverence

From the hearts of your worshippers I extracted the essence of fragrant longing and mixed it with dewy drops from my eyes

With that holy water I will wash your pink feet

You are my father and mother, and I am your child

You are the guiding mentor whose words I listen to and whose commands I obey willingly

Come, O divine joy

O Universal Mother, be the only flame in our hearts and dispel the darkness of our souls

And in the tears of our love for you, wash away our love for worldly things

And in the joy of our agreement with you, dispel once and for all our sadness and sorrows

Make our small hearts into a large heart that can accommodate your total presence

And in the mirror of your blessed nature, let us see ourselves perfect and pure

May the flames of our love for you rise above the blaze of earthly desires

Millions of temptations disguise themselves as you and constantly deceive us

Come, O pure joy! Let in all my ardent longings for you

Be the calm planet in my dark nights of ignorance, and take my hand and bring me back safely to your safe and secure haven!

The disciple's oath

I will conquer pride with humility

And hatred with love

Excitement through calmness

Selfishness is replaced by generosity

And evil with good

Ignorance of knowledge,

And worry, in the peace of contemplation, upon you, O my God

Keep me away from evil

Protect me, O Lord, so that I may not hear evil, nor see evil, nor speak evil, nor breathe evil, nor touch evil, nor feel evil

I do not think evil, nor do I dream evil

Prayer for the Great Radiance

O Lord of Majesty, O Essence of Existence and Spirit of the Universe, O Friend of Friends! Reveal to me the secrets of my being Teach me how I may worship You in stillness, tranquility, and vigilance

In the tranquility of my soul, immerse me so that I may realize your eternal presence within me and around me

I have a great longing to get to know you, O you who have no equal, O you who are unparalleled, O unique and glorious one who deserves all veneration and appreciation!

Nostalgia buds

With the dawn of your arrival, the buds of my longing will blossom into fresh flowers

O Lord, hasten the day when I will weave a green bouquet of those flowers and place it at your feet

Prayer before eating

O Lord, accept this food, sanctify it, and do not allow gluttony to defile it

The food comes to us from you and is meant to sustain your physical body Bless it with your spirit so that it may become a spirit that sustains and strengthens us

You are the perfect divine rose, full of life, grace, and beauty, and we are its petals Fill our souls with the fragrant aroma of your generous presence

Our yearning breeze

Open the buds of our hearts and release their fragrance imprisoned behind the bars of pink leaves so that the breezes of our spiritual perceptions may carry the fragrant scents and transport them to your holy temple

O You who deserve all worship and veneration!

We want our yearning breeze to blow upon your blessed feet

Whispers from eternity

The eternal voice addressed me in a soft, low tone, saying:

"I have whispered in your ear all your ages of slumber: 'Awake!' And now you have left your sleep; I say to you: Awaken your brothers Work with me, that all may hear my word"

So I promised, saying:

"I will do my best to spread your call and disseminate your message, and when I leave my earthly form I will borrow your all-present voice to whisper to harmonious hearts: Listen to his divine hymns of spiritual comfort, for he is ever calling to you"

I will wait for all my countless brothers and sisters as they slowly march in a long, long procession towards the blessed goal of self-knowledge, and through 'Whispers from Eternity' I will whisper to them: 'Awake, my brothers and sisters, and let us follow His voice that calls to us without ceasing, and let us return together to the heavenly home'

You are the fountain of love

You are the source of heavenly and earthly love

You are the father who provides protection for his children and the mother who showers them with endless tenderness

You are the little child who lisps when uttering words of love to his parents

You are the perfect harmony and devotion between lovers

You purify the servant by showing respect to his master and strengthen the bonds of affection between friends

You have washed me with the waters of love in all its forms, so I have come to love you with all the feelings in my soul and with all the love and longing in my heart, O you who deserve all love, worship and reverence!

The Song of Eternal Love

I tune the strings of my heart's lyre to play again an old song: The Story of My First Love

O Divine Spirit, to you I offer new melodies from the Virgin Soul: authentic medleys to the tunes of my eternal love for you

Waves of my hymns dance to the cosmic rhythm of your infinite ocean, and propel me over waves of overwhelming joy towards your farthest shores

O melody of the seas, so serene and calm, sing to me in a low voice the song of longing for the eternal divine mother

O song of eternal love! Rock me in the bed of melody and let sleep adorn my eyes as I enjoy peace on the bosom of my loving divine mother

From the vault of memory, I retrieved the sacred treasure, including the documents and promises you granted me, and exchanged them for the gold of love With it, I built, upon a vast expanse of my soul, a magnificent palace worthy of your glorious throne And now I await your arrival

O majestic and glorious divine guest, now I feel your approach to the throne of my heart, studded with the greatest joy

Fragments of my shattered diamond dreams, buried beneath mounds of ancient darkness, sparkle from the glow of your visit

From my ecstatic being, silent hymns of gratitude flow in a continuous stream

Please accept the wreaths of welcome that I have specially woven for you from the flowers and roses of my eternal devotion!

In the garden of my heart

My mind's bee flies to the secluded garden of my heart, fluttering with the breeze of my love and adorned with the pearls of your sweet dew

I have cultivated for you wonderful lilies of spiritual discernment and yellow daffodils to contain my tears of repentance, delicate violets

dreamy of humility, and broad daisies for the perceptions of the soul

To you, the trees of my thoughts offer delicious fruits of fragrant supplications, with humble hands of tender, dewy branches

And in the garden of my heart, a bee of my thoughts hovers, intoxicated, amidst offerings of pure nectar to you

Open doors

O Lord, when I was blind I could not find a single door that led to You

You have healed my eyes, and now I discover open doors everywhere:

In the heart of flowers, amidst the sounds of friendship, and the memory of cherished, noble trials, every whisper of my prayers opens a new passage to the temple of your boundless presence!

Song of my soul

In the wailing of the violin, the buzzing of the harp, and the whispering of my budding thoughts, I heard the echo of your melodies So I drew the curtain of dense earthly sounds and listened, intoxicated, to your ethereal voice, O divine singer

Oh, my magical soul's melody, I have finally listened to you

You have awakened me from my old slumber

And here I am placing on your holy altar bouquets of my longing melodies and tunes yearning for you

Peace be upon you

Spiritual success par excellence

"You are neglecting the philosophy courses in your textbooks It seems you are relying on 'insight' to help you pass exams without putting in the necessary effort But unless you study in a practical and effective way, I will personally ensure you fail this subject"

Professor Joshal, a professor at Serampur College (India), addressed me with these stern words My failure in his final written exam meant I couldn't attend the final exams at Calcutta University, which had incorporated Serampur College as one of its branches The established rule in Indian universities is that a student who fails any subject in the final exams for the humanities must repeat the following year in all subjects

My professors in Serampur used to treat me kindly and with a touch of humor, saying, "Mukanda (Paramhansa) is a little too intoxicated with spirituality" This spared me the embarrassment of having to answer questions in class, as they were confident that the final written exams would be enough to remove my name from the list of undergraduate applicants My fellow

students, on the other hand, simply nicknamed me "the ecstatic hermit"

I took a clever step to thwart Professor Joshail Lee's threat of failing me in philosophy Just before the final results were announced, I asked one of my colleagues to accompany me to the professor's office, saying:

"Come with me, for I want a witness, and I will be disappointed if I have not actually defeated the professor"

The professor shook his head after I asked him what grade he had given my answers, and said in a confident, triumphant tone as he searched through the large pile of papers on his desk: "You are not among the successful ones, as your paper is not among the papers In any case, you failed because you did not attend the exams"

I smiled and said:

"Sir, I have taken the exams, would you allow me to look for my paper myself?"

The professor, flustered, gave me permission, and I quickly produced my paper, from which I had carefully erased everything that might reveal my identity except for the password Since the professor hadn't noticed my name, he gave my answers a high mark, even though they contained no textbook content!

As soon as he realized my trick, he exclaimed, "Damn this rude luck!" Then he added hopefully, "You're bound to fail your final exams"

As for the exams in the other subjects, I received some help, especially from my cousin and dear friend Prabhas I struggled, albeit painfully, in the remaining final exams and achieved the minimum passing grade

Now, after four years of college, I was eligible to sit for my bachelor's degree exams, a privilege I had hardly anticipated The final exams at Serampur College were remarkably easy compared to the rigorous Calcutta University entrance exams required for a degree In fact, my daily visits to my teacher, Sri Yuktiswar, left me little time to appear in the university halls My presence was more surprising to my classmates than my absence!

My almost daily routine was to ride my bicycle around 9:30 am to my teacher's hermitage, carrying an offering for Sri Yuktiswar: a few flowers from the hostel's garden My teacher would greet me warmly and invite me to lunch, which I gladly accepted, eager to escape the thoughts of university and my coursework After several hours with Sri Yuktiswar, listening to his rare wisdom or performing the hermitage's duties, I would reluctantly depart around midnight, returning to my quarters Sometimes I would spend the entire night with my teacher, happily absorbed in his enlightening conversations, rarely noticing the change from darkness to dawn

Around eleven o'clock one night, as I was about to leave the cell, the teacher asked me seriously:

"When do the bachelor's exams start?"

I replied: "Five days from now, sir"

He said, "I hope you are ready for it"

I felt intense anxiety and panic, so I protested:

"Sir, you know very well that I spent my days with you, not with university professors, so how can I subject myself to the farce of attending difficult final exams?"

Sri Yuktiswar gave me a sharp look and said coldly but firmly: "You must attend the exams so that we do not give your father and others a chance to criticize you for preferring the monastic life to university Promise me that you will attend the exams and do your best to answer the questions"

Tears I couldn't hold back streamed down my face, and I felt the teacher's request was illogical and his concern came too late Between sighs and sobs, I said:

"I will attend if that is your wish, but there is not enough time left for proper preparation" And I added to myself: "I will fill the pages with your teachings in answer to the questions!"

When I entered the sanctuary as usual the next day, I presented the bouquet of roses solemnly and melancholyly, and Sri Yuktiswar laughed at my miserable state and said:

"Has God ever disappointed you in an exam or in anything else?"

I replied enthusiastically, as pleasant memories of divine assistance flashed through my mind: "No, by God, sir"

The teacher continued: "It was not laziness, but rather a burning divine longing that prevented you from seeking university honors"

After a moment of silence, he quoted: “Whoever puts their trust in God, He will suffice them” “Seek first the kingdom of God and His will, and God will increase His blessings upon you and provide you with all that you need”

I felt the weight of worry lift from my shoulders in the teacher's presence When we finished our early lunch, the teacher suggested we return to the inn, saying:

"Is your friend Romesh still staying at the hostel?"

I said, "Yes, sir"

He said, "Contact him and God will inspire him to help you with the exams"

I replied, "I will, sir, but Romesh is unusually busy He is the honor student in our group and has a heavier academic load than the other students"

The teacher ignored my objection and said, "Romesh will find time for you Now go, with God's blessing"

I got on my bicycle and rode back The first person I met in the hostel courtyard was the head student, Romesh As if he had the time to help me, he readily accepted my request, saying:

"Rest assured, Mukanda, I am at your service"

He spent many hours that afternoon and in the following days training me on the various subjects, then advised me, saying:

"I think many questions in English literature this year will be about Childe Harold, and we should get an atlas immediately"

I hurried to my uncle's house and borrowed an atlas where Romesh had marked on a map of Europe the places visited by Byron's romantic traveler

A group of colleagues gathered around us to listen to the lesson, and one of them finally commented:

"Romesh is giving you the wrong advice, because only 50% of the questions are usually about books, and the other half are about the lives of the authors"

But when I sat down the next day for the English literature exam and glanced at the question paper for the first time, tears of gratitude welled up in my eyes and soaked the paper The invigilator approached me and sympathetically inquired about the reason, so I explained:

"My great teacher predicted that Romesh would be able to help me Look, the questions Romesh suggested to me are the same ones on the exam paper Luckily for me, there are few questions this year about English authors whose lives are a closed secret to me!"

Upon my return, the hostel was abuzz with noise, and the same young men who had mocked Romesh's methods were now almost deafeningly congratulating me During the week of exams, I spent countless hours with Romesh, who drafted questions that the professors were likely to include Day after day, Romesh's questions appeared on the exam papers, using almost the same exact words

The word spread throughout the university that something akin to a miracle was taking place, and that the success of the absent-minded "ecstatic hermit" was now a real possibility I made no attempt to conceal the truth, and the local professors were powerless to alter the questions set by the University of Calcutta

When I reflected deeply on my English literature exam, I realized one morning that I had

made a serious mistake One of the questions had two parts: (a) or (b) and (c) or (d) Instead of answering one question from each part, I had answered both questions in the first part, completely ignoring the second Since the highest mark I could get on that paper was 33, which was three marks short of the minimum passing grade of 36, I rushed to the teacher, lamenting my bad luck, saying:

"My lord, I have committed an unforgivable sin, and I am not worthy of the divine blessings that came to me through Romesh"

The teacher replied to me: "Rest assured, Mukanda, and be at ease"

Sri Yuktiswar's tone was cheerful and carefree He then raised his hand towards the sky and said, "The sun and moon exchanging their paths in space is more likely than you not getting your university degree"

I left the monastery feeling more at ease, even though success seemed mathematically impossible More than once, I glanced apprehensively at the sky and saw the Lady of the Day firmly fixed in her usual orbit!

When I arrived at the hostel, I heard a colleague say, "I was immediately informed that the passing grade in English Literature has been lowered for the first time this year"

I rushed into the young man's room in a state of agitation and demanded to know the truth of the matter with great emotion He examined me and answered me, laughing:

"Oh, long-haired one, why all this sudden interest in academic matters? And why all this excitement at the last minute? Yet the passing grade has already been reduced to only 33"

Sarah's boundless energy carried me back to my room, where I knelt and thanked God for His perfect accounting and boundless grace I felt a spiritual force guiding me clearly through Romesh A significant coincidence occurred regarding my Bengali exam Romesh, who hadn't helped me with that subject, asked me to return one morning as I was about to leave the hostel for the exam hall

One of my colleagues shouted to me: "Romesh is calling you, don't come back or we'll be late"

I ignored that colleague's advice and hurried back to where Romesh was, who told me:

"The Bengali exam is usually passed easily by Bengali students, but it occurred to me that this year the professors intend to 'slaughter' the students with questions from the prescribed books" Then my friend briefly explained to me two incidents from the life of Bahrul Uloom Vidya Sagar, the great and renowned humanitarian of the nineteenth century

I thanked Romesh and rode my bicycle to the college courtyard The Bengali exam paper was exactly as he had described, containing two sections The first section asked: "Record two acts of kindness attributed to Bahrul Uloom Vidya Sagar" Having transferred this newfound knowledge (from Romesh) onto the paper, I thanked God for having listened to him at the last moment Had I remained ignorant of Bahrul Uloom's benevolence towards humanity (and I am now among them, of course!), I would not have been able to pass the Bengali exam

The second question on the paper was: "Write an essay in Bengali about the life of the person who inspired you the most" I needn't tell you, dear reader, who I chose for my subject As I filled page after page with praise for my teacher, I smiled, realizing the truth of my own words: "I will fill the pages with your teachings!"

I didn't feel the need to ask Romesh for help with philosophy Confident in my extensive training under Sri Yuktiswar, I confidently disregarded the textbook explanations, and philosophy was the highest grade I received My combined scores in the other subjects were sufficient to pass

It is a pleasure to mention here that my dear friend Romesh passed the exam with distinction

My father's face beamed with smiles at my graduation, and he admitted, "I could hardly have imagined your success, my son You spend so much

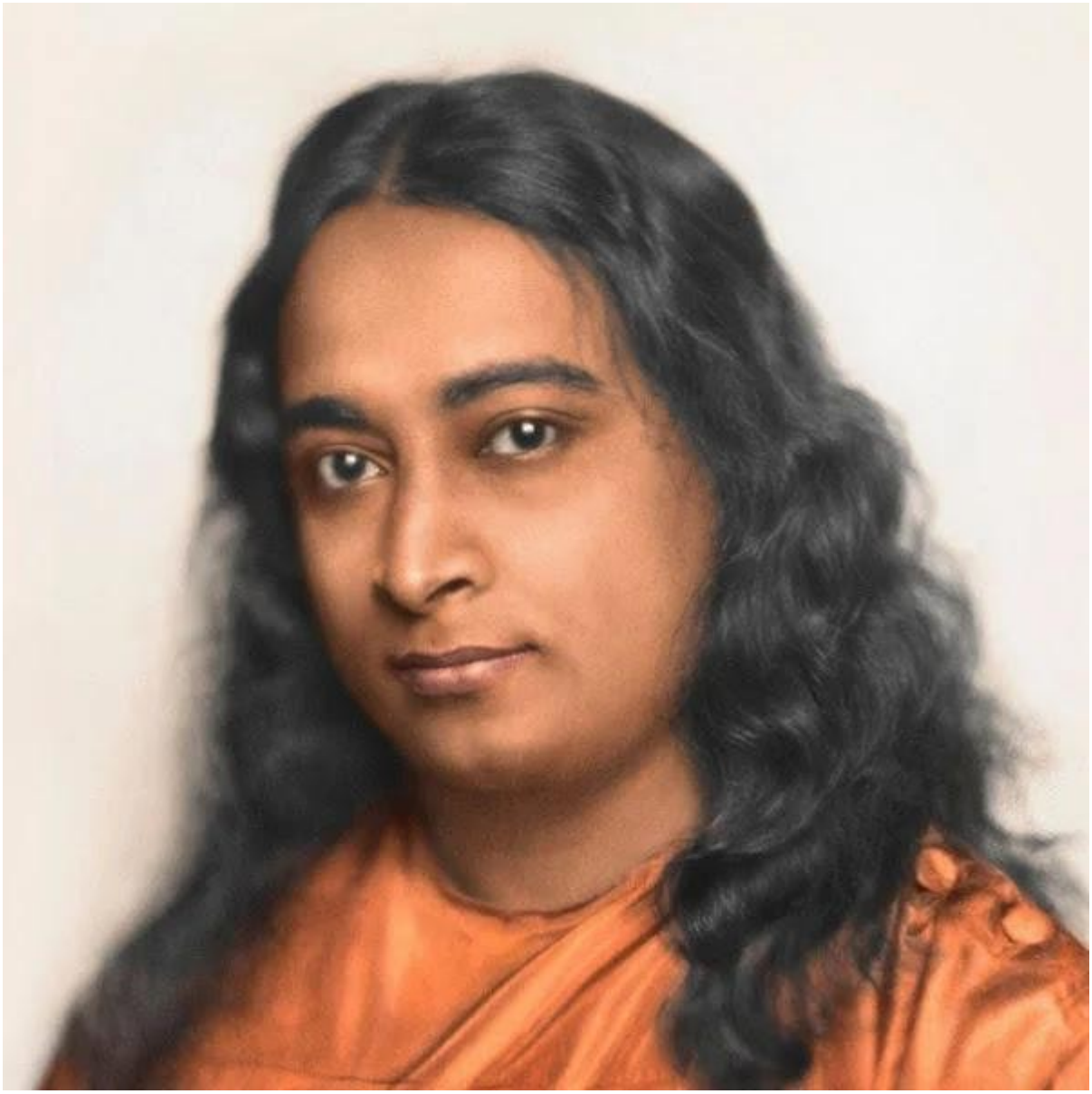
time with your teacher" Indeed, my teacher was aware of my father's unspoken criticism

For many years I doubted the day would come when I would add the title of Bachelor to my name I rarely used that title without thinking it was a sacred gift bestowed upon me for mysterious reasons Sometimes I hear university graduates say that only a small fraction of the knowledge they acquired remained with them after graduation This acknowledgment from them also consoles me for my undeniable academic shortcomings

On that day in June 1914, when I received my degree from the University of Calcutta, I bowed before my teacher to thank him for the blessings that flowed from his life and enveloped my soul He playfully raised me up and said:

"Get up, Mukanda God found it easier to make you a college graduate than to rearrange the course of the sun and moon!"

's Diary: An Autobiography
Proverbs, poems and stories for the teacher
Paramhansa Yogananda



That divine power
It will support and strengthen you
Just as she always supported me and gave me strength
I speak these facts from my personal experience
If I hadn't experienced these things in my life
When I was able to talk about it
I live by faith in God
God is my strength

I believe in no power other than the power of God
And when I focus on that blessed power
You meet me and work through me
Nightingale of the Sky
divine
I am your nightingale, ascending to the heavens of your cosmic presence
In constant search for the drops of your truth
I have prayed to you with deep trust
So that you may send forth showers of your mercy from the harsh clouds of silence
And since I was extremely thirsty
I eagerly embraced every sacred point of my awareness of you
Oh, how I longed to feel your presence within me and around me!
My chronic thirst was only quenched when your touch cooled it
My restless soul and my being ablaze with enthusiasm
The season of despair and hopelessness has passed
The dryness of the troubles faded away with the downpour of your peace
And now I hover quietly and soar, singing songs of contentment and satisfaction
I am your nightingale who drinks only the waters of your solace
The uninterrupted descent from the heights of your existence
* * *

The key word for most people in this life is "me"

A person with spiritual temperament and inclinations thinks of others as he thinks of himself

Those who think only of themselves bring upon themselves the enmity and resentment of others

Those around them But those who consider the feelings and interests of others find that

Others think about them and are considerate of their feelings

If there are one hundred people in a town, and each one wants to take from

The other will each have ninety-nine opponents But if each one

If someone tries to help another, then each one will have ninety-nine friends

I have lived that way and I have lost nothing by sharing what I have with others

Indeed, everything I gave has returned to me twofold, by the grace of God And now I have no longing

For nothing, because what I possess deep within me is greater and more precious than anything I could ever imagine

The world gives it to me What man strives for is to achieve happiness

Once happiness is attained, the need for the circumstances leading to it disappears

My only guarantee in this world is the good feelings people have towards me True wealth lies in living in the hearts of loved ones and friends

We must try to connect with God in this life We have been given human existence, intellect, and free will, and therefore we must use these gifts to find God

When we are altruistic, we become happy And if we follow this path, others will be affected

Others around us behave like us and try to imitate us This must be eliminated

Selfishness is the root cause of all individual and social evils

How and why do problems begin?

Every human being strives – consciously or unconsciously – to reach a personal conviction that they are invincible and immortal In all their external aspirations, whether through science, commerce, medicine, or any other aspect of life, they seek to achieve peace and security, freedom from suffering, and lasting happiness

That is fine, in fact it is his right and his natural inheritance that his Creator wants for him, provided that he also wants those same blessings for others as he wants them for himself

On the one hand, most people try to acquire that unlimited and infinite inheritance through limited and finite means

Human achievements would be enhanced and more worthy if, in addition to discovering the world, one also made the necessary effort to explore the spiritual potential and powers within oneself!

There is no doubt that material progress is admirable, but no amount of external success

alone will give a person the inner satisfaction and security that he so earnestly seeks

Science has helped eradicate many epidemics that threatened previous generations and has helped develop advanced methods of production capable of eliminating hunger and poverty However, maintaining a healthy balance in this world based solely on material achievements is difficult

A person makes progress in a certain field, only to be surprised by the emergence of unexpected problems that mar his achievements

This does not mean that a person should not try to find solutions to his problems through external means, but rather what is meant is balance and not leaning towards one side at the expense of the other

God has endowed man with reason and willpower, and these must be used to improve his conditions in the world While good efforts are being made, the inner source of power and intelligence must be recognized and harmonized with that source, because failure to harmonize is the reason behind man’s problems and mistakes

You can't just sit around and expect success to fall into your lap After you've charted your course and activated your will, you must put in the practical effort, and you'll find that everything you need for success will gradually come to you, and everything will propel you in the right direction Your will, imbued with divine will, will answer your prayers, for when you use that will, you open the

door through which your supplications will be granted

Humanity has acquired expertise in science, technology, medicine, and other fields, enabling it to provide comforts and conveniences However, this does not mean that it can dispense with its Creator Otherwise, these achievements would lose their value, and social, familial, political, and environmental problems would begin to emerge and spread This is because, by becoming entirely dependent on external factors, humanity loses the wisdom to manage the immense potential it has unleashed through scientific methods and means Consequently, life becomes so complex that it becomes difficult to cope with, and even a source of anxiety and uncertainty

* * *

A person must live with all their thoughts, feelings, and insight, and be alert and attentive to everything around them, just like a skilled photographer who seizes the most suitable opportunities to capture the most wonderful pictures of the most delightful scenery

True human happiness lies in a person's constant readiness to learn and to act in a proper and respectful manner The more one improves oneself, the more one contributes to the advancement and happiness of those around them

Few are those who analyze their situation and decide whether they are moving forward or backward

As human beings endowed with perception, wisdom, and understanding, our greatest duty is to employ these qualities correctly so that we may know whether we are moving forward or backward Even if we encounter failure repeatedly, we must not despair or lose hope Failure should serve as a catalyst, not an impediment, to our physical and spiritual growth

* * *

Troubles and difficulties arise from a person's lack of awareness of their past actions, committed at a particular time and place Their current suffering stems from thoughts and deeds they have uttered, which have taken root in the soil of their consciousness, sprouting into a plant and bearing fruit of the same kind as those thoughts and actions

* * *

The best preparation for a better life

If we want to truly enjoy life, the time is now—not tomorrow, not next year, not even in some afterlife The best preparation for a better life next year is to live a productive, harmonious, and meaningful life this year Our belief in a future life of greater achievement and greater happiness is worthless unless we translate it into action now Today should be the most important and meaningful day of our lives

* * *

Those wishing to marry must learn to control their emotions and impulses, and schools should teach this skill, along with cultivating calmness and

focus Many unhappy homes and broken families exist because this vital aspect is neglected, both at home and in schools How can two people with uncontrolled impulses and desires live together in peace and tranquility?

At the beginning of marriage, the newlyweds are carried on a wave of emotions and excitement But after a while, as these feelings inevitably begin to fade, the couple's true nature starts to emerge, along with arguments, disagreements, bickering, and disappointment The heart needs genuine love and friendship, and above all, it needs tranquility and peace When peace is shattered by intense emotions, a crucial pillar of the marriage is weakened

* * *

The body's organs and emotions need a healthy nervous system to maintain their health, vitality, and sensitivity To keep the nervous system in good condition, it is important to free oneself from destructive emotions such as fear, anger, greed, and envy

* * *

Your happiness is your success, so don't let anyone take your happiness away from you

Protect yourself from those who try to bother you When I was young, I was very annoyed by those who spread false rumors about me, but I later realized that my own conscience is much more important than people's approval of me

Conscience is an intuitive awareness that faithfully and accurately records a person's

thoughts and motivations When the conscience is clear and a person knows they are doing what is right, nothing can frighten them A clear conscience is a testament to God's favor Those who possess a clear conscience find happiness in their lives and receive God's blessings and favor

* * *

Every word a person utters leaves a lasting impact on their brain and mind When a person's soul departs their body at death, their entry into another realm will depend on the judgment rendered by their karma (the consequences of their actions) resulting from good or evil words

Good words emanating from a noble mind will yield good results for the soul, while evil words driven by bad habits will accumulate evil karma or bad results for the soul

The word is composed of three vibrations: a causal or intellectual vibration, a kinetic or planetary vibration, and a physical or apparent vibration

The word "peace" has three distinct vibrations:

1 A wavering of thought or will when the word "peace" is uttered

2 The vibration of energy in the brain, vocal cords, and tongue, driven by will, when the word "peace" is pronounced

3 Vibration of the vocal cords and physical effect of pronouncing the word "peace"

Therefore, every word, good or bad, leaves its vibrations—that is, its effects—on the body or brain, and on the life energy and intellect in the

form of inclinations and desires On this basis, the vibrations of all speech leave good or bad tendencies in the mind

He who gets rid of the motives for distorting the truth establishes within himself a tremendous strength so that he does not bear false witness and all his words are true

O Lord, grant me the strength to use my voice to serve the truth by speaking sweet, beneficial, and refreshing words Play Your immortal melodies on the flute of my life so that I may be blessed by the vibrations of Your holy tunes

* * *

floating blanket

Once, two friends were walking along the riverbank when they saw what appeared to be a floating blanket One of them threw himself into the river and swam until he reached the "blanket"

But he was late in returning to the bank, and his friend noticed that he was having difficulty dealing with the "blanket" and that it was the reason for his delayed return, so he shouted at him, saying:

Why don't you leave her and go back?

His friend replied: That's what I'm trying to do, but the blanket is clinging to me and won't let me go and return

To his great surprise, he realized too late that what he thought was a blanket was nothing but a swimming bear

I find this story meaningful and applicable to many aspects of human life I believe its message is

one of prudence and caution against rushing into actions that may have undesirable consequences

This blanket may be just a concept floating in the river of thought that, when completed, turns into an overwhelming obsession that is difficult to control

Or it may be a harmful habit that, once it takes root in the brain, strikes its foundations and extends its roots, becoming an integral part of a person’s being, so that he becomes a prisoner in its grip

Or it may be a different kind of temptation an investment that is not timely or appropriate and leads to significant losses, both material and moral

Or it may be an ideology that seems logical and practical, so the person adopts it and realizes, after it has penetrated his being, that its reality is very different from its appearance

Or it could be a trend or drift with unforeseen consequences

Or a leap into the dark

Therefore, it was said: Consider the position of your foot before you take a step

* * *

The End of the Journey

For a long time I stumbled upon the winding paths of doubt

I crossed imaginary valleys that separated me from you for ages

I crossed countless deserts

I pursued many ambitions

Finally, I freed myself

From the whirlpools of sorrow and pleasure
So I completed my journey and reached the end of my path
And now I look with pleasure at my past pains
From every rock of my ancient torments
An eye bursts forth with tears of joy
And in those holy waters
Through the tears of my love for you, I purify myself every day
* * *
I used to have a secret lamp
And eagerly I was sending out a fleeting beam around me
In the tranquility of inner darkness
I often saw small fish as creative ideas
It was caught in the sudden brightness
I used this as bait
To capture larger beings in the depths of my consciousness
But many of them escaped
Behind the small circle of light
From your devoted followers
Rich in silver songs and golden dreams
With the money of love, I bought radiant, luminous nets for the perceptions of the soul
And from it she fashioned a mighty network of luminous fabric
I swept across the ocean of your wisdom in search of you
The catch was plentiful and valuable!
I gained flocks of good and happy feelings
And treasures of lost sacred memories

Moreover,
I found you
And I have captured you, O treasure of treasures!
* * *
In the summer days of life
I gather the nectar of emotion
From the flowers of sweet virtues
Which grows in the gardens of good souls
And I stored it in my heart
distilled juice
From the lofty blossoms of tolerance
And the buds of humility with their soft fragrance
And the rare blossoms of tender lotus ideas
And when it pours down on me
Snow, cold winter experiences
And the painful earthly separation
I seek warmth and solace
In the nectar stored in the cell of my heart
In that blessed cell, in your presence
I often find the divine bee
Sip the sweetness of my aged longings
I feel reassured, joyful, and comforted
* * *
I believe in the brotherhood of humankind, in universal love, understanding, and cooperation among people to alleviate the burdens of life for one another
Noble global goals must be introduced into this world, and ideals must be adopted that elevate

humanity to high levels, refine its thoughts, curb its desires, and hone its noble talents

This can be achieved through spiritual example and sound principles, not through brute force and devastating wars Political power is dangerous without spiritual principles to guide and govern it

When I refer to spiritual principles, I do not mean specific doctrines, sects, or belief affiliations, but rather the universal laws: the laws of righteousness and virtue that apply to everyone and bring them goodness, well-being, and peace

* * *

Why does man spend his time searching for crumbs of human love and a handful of money and this thing or that, when he can find everything in God who is the source of all love and strength?

We should not seek God out of greed for power, but out of a desire for love Then we will find the great treasure When we love God with a deep, heartfelt love, He answers us, and we feel His love beating in our hearts

Life is sweeter when one contemplates God The more one contemplates and remains focused on the spiritual state during activity, the greater one's capacity to smile I am in that realm now and always—in blissful divine consciousness Nothing affects me Whether alone or with others, the joy of God remains ever-present within me

I managed to keep my smile and those same smiles exist within you too the same joy and bliss of the soul resides within you You don't need to

acquire them, only to reclaim them You lost them temporarily through self-realization with the senses, and you can regain them

Anyone who believes that physical things, which can be enjoyed through sight, hearing, taste, smell, and touch, bring pure joy is gravely mistaken The senses do not give happiness; rather, they deprive us of it If you set conditions for your happiness, such as saying, "I cannot be happy unless I see that face," you will never experience pure, unadulterated joy, because sensory pleasures are fleeting

Days and years take their toll on physical beauty Everything in the material world is subject to the law of change Thus, even if a person could see every beautiful face in the world, hear every sound, and touch everything they desired, they would still not find true happiness Yet, they might delude themselves into thinking they are happy

Sometimes, after exerting tremendous effort to obtain something, one finds no happiness in the thing itself Nevertheless, one derives some satisfaction from the effort expended, and therefore believes one is happy But this kind of satisfaction is temporary and fleeting

It is therefore futile to seek happiness in the senses Spiritual joy must be found and expressed in words and facial expressions When a person does this, even a small smile will envelop everyone around them with its blessed magnetism, and others will feel happy

But only God can change hearts We should not attribute to ourselves the ability to do good The only true doer of good in existence is God This world is His If you feel His presence and realize that He is in control of everything, and if you entrust everything to Him—good deeds and even bad ones—you will be amazed to find that all your actions will be transformed into good deeds

* *

The moment we think kindly of another person, our awareness expands and our horizons broaden When we think of our neighbor and show compassion towards them, a part of our being goes out to them along with that thought, and it's not just the thought itself that's needed, but also the readiness to put that thought into action

We should not exclude anyone from our circle of love {and your neighbor is like yourself} {your neighbor then your neighbor then your neighbor}

Marriage is a lesson in altruism Two people share life with each other, then children come along and the parents share life with them But it is selfish to think only of the immediate family because loved ones will leave us one day, and this is a reminder that the purpose of human relationships is to expand awareness of sacrifice for others and to share with them material goods and friendly feelings

* * *

When you sleep, you passively calm thoughts and feelings, but when you consciously calm thoughts and feelings through meditation, the first

thing you experience is a state of peace, and the facial muscles themselves form a smile that reflects the peace of the heart

But you must look beyond the state of peace in order to see the purity of your soul

That purity, unblemished and undistorted by sensory stimuli or automatic reactions

The result is thoughts associated with the senses and the state you experience then is a perpetually renewed bliss

Prophets and saints possess this joy in their hearts always Feeling blessed security and tranquility, they are unshaken and undefeated by storms of anger, and worries and fears do not touch them Using the scalpel of reason or insight, they can dissect their own thoughts or the thoughts of others on the operating table of the mind while maintaining their composure and serenity

In the bliss of the soul, depression disappears completely, and spiritual discernment emerges in the being of the happy disciple, increasing his firmness in the higher self

* * *

A true smile is a smile of spiritual happiness obtained from contemplation and thinking about God and feeling His presence

My smile springs from a profound joy within me—a joy accessible to all It is like the fragrance emanating from the heart of a blossoming rose This great delight invites others to immerse themselves in the sacred waters of bliss

There are four situations that the average person is familiar with:

He feels happy when a wish is fulfilled

He feels unhappy if he is prevented from achieving it

But when he is neither happy nor depressed, he feels bored

By overcoming these emotions or psychological states of pleasure, pain, and boredom, one feels at peace

Peace is a highly desirable state resulting from the absence of sadness, pleasure, and boredom These states constantly fluctuate within the soul

After riding a raging, noisy wave of pain and pleasure, including repeated plunges into the depths of boredom

There is pleasure in floating on the breast of a calm sea of peace

But greater than peace is spiritual ecstasy the joy of the soul the ultimate happiness It is a renewed joy that never fades but accompanies the soul for eternity

That greatest joy can only be attained by realizing the divine presence

* * *

Every human being has untapped potential They possess all the necessary strengths The mind itself is a supreme power, and it must be freed from outdated and restrictive habits and concepts

The influence of planets and stars on human life is caused by the intervening forces of attraction

and repulsion between the planets and human bodies

Evil thoughts lead their possessor to an evil environment where they can express themselves as they desire But a person can change their thoughts and consciousness through willpower, and thus can change their environment

If a person remains in a harmful environment for an extended period, that environment begins to influence them subconsciously Over time, they completely lose their freedom to choose a healthy and wholesome environment and become subject to the negative influences of that harmful environment

As for the person with a strong will, he is in harmony with God and does not wait for the planets and stars to bestow their smiles upon him Rather, he continues his journey like a piercing meteor, unaffected except by the guiding star of God, who is the sun of suns and the Lord of the law and souls

One of two options

Once upon a time, there lived a devout ascetic on the banks of a blessed river He spent many years of his life in deep contemplation, but unfortunately, his efforts were not fruitful, and he did not rejoice in reaping a bountiful harvest of peace, despite his efforts in searching and investigating the secrets of life and the sources of happiness

Although our friend was surrounded all the time by a heavenly atmosphere in terms of

beautiful scenery, kind souls, valuable books, and blessed circles of remembrance, his mind nevertheless continued to think of the most appropriate ways to rob people and harm them

That thinking was beyond his control and seemed to stem from ancient karmic causes The more he tried to banish those unwelcome thoughts, the more they invaded his mind, disturbing his peace and robbing him of tranquility

Finally, he promised himself, saying: "I will continue to pray and supplicate, and I will not stop until I am free from these disturbing thoughts that stab at the side of my peace during my meditation"

An hour passed, then two, and evil thoughts came to his mind like a hurricane, striking the structure of his contemplation and shaking it violently

Finally, after three hours of strenuous effort, the disturbing thoughts suddenly vanished from his mind, and in their place, he saw in a beautiful vision a saint of God standing in flesh and blood before him

The radiant saint not only appeared alive but also spoke with the utmost tenderness, saying:

"My son, in your previous incarnation you were a professional thief with no other concern than to ensnare others and rob them of their possessions But shortly before your death your conscience awoke and you resolved to correct yourself and promised yourself that you would change your shameful conduct and follow the path of goodness For this reason you were born into this life with a

strong spiritual determination to be a good person, but nevertheless you also brought with you bad thoughts that were the focus of your life in your previous incarnation"

"It is unfortunate, my son, that you live in these blessed times, surrounded by good friends, circles of remembrance and contemplation, yet despite all that, you live in a hell of psychological anxiety and destructive, turbulent thoughts"

After a moment of silence, the guardian continued his speech:

"Therefore, according to the universal law, and because you have not done your best to take advantage of the spiritual opportunities available to you in this incarnation, unless you redouble your meditative efforts now, at the time of death you will have to choose between two things:

"Either live in heaven with ten fools or live in hell with one wise man, which would you prefer?"

The disciple replied without hesitation:

"O friend of God, I prefer to live in hell with one wise man because I know from my own experience that ten fools make hell out of paradise, while I believe in my heart and know for certain that if I am with one wise man, even at the bottom of the underworld he will help me turn hell into paradise"

* * *

Many people are like butterflies they flutter and move here and there without achieving any goal or reaching any objective If they stop, it is only for a brief moment, after which they are

drawn to another pastime in search of amusement and to pass the time As for the bee, it works hard and prepares for difficult times, while the butterfly lives only for its day

When winter arrives, the butterfly perishes, while the bee enjoys the harvest it gathered during spring and summer Similarly, we must learn to cultivate inner peace and the strength to cope with life's challenges

psychological cases

A person cannot remain forever carried on waves of joy, submerged beneath turbulent waters of sorrow, or drowned in the depths of boredom

In this world characterized by conflicting dualities, the average person is subject to ups and downs rising on waves of joy and sinking into the depths of indifference, and being tossed about by raging waves of sadness and rarely experiencing another state of consciousness

Allowing circumstances to sway one's thoughts in this way means surrendering one's will to a capricious and ever-changing fate What a person needs to live a successful and fulfilling life is mental balance, and this can only be achieved through focused thinking and control over one's emotional faculties

Even the deepest sorrows heal with time, so there's no point in dwelling on grief every day of our lives Constantly grieving for a departed loved one helps neither them nor us, and it changes nothing

Developing an inferiority complex or punishing oneself for past mistakes or failures is not beneficial; rather, it makes life miserable and paralyzes mental abilities

We must not allow ourselves to fall into the pit of boring routine, because that is a psychological state that is far from comfortable, as it disturbs the mind and burns the latent abilities in the furnace of apathy

* * *

God sends us the lessons we need in life so that we may learn from them and gain understanding and experience Those who avoid these lessons will eventually be forced to learn them, no matter how long it takes

Every test is a friend if we learn from it, and a tyrannical despot if we squander the opportunity and misuse it with grumbling, resentment, and poor judgment

When we have a sound understanding and the right attitude towards life, it becomes beautiful and free of complications

* * *

No one can control me or take away my will unless I allow the thoughts and actions of others to influence me

Lord, I realize I have an endless opportunity to explore my abilities and discover my spiritual potential I will replace material attachments with higher aspirations, and I will know that the faithful Spirit is always with me

Today I will charge my thoughts with a dose of optimism, separate myself from unpleasant experiences, and practice what will develop the body, mind, and spirit in a balanced and consistent way

The dance of life and death is ever-present, but I will free myself forever by reclaiming my spiritual identity, and when I face the storms of trials and tribulations, I will set sail in my spiritual boat across the sea of life to the safe, divine shores

When I work and create, I will remember that God is working through me He is the Lord of the universe, and I can connect with Him through deep meditation

My beloved God, I realize that my thoughts will bring me either failure or success, depending on which idea is strongest in my life Therefore, I will try to remember that You extend Your helping hand and pave the way for my success When calamities and misfortunes befall me, I will summon my strength and fortify my resolve to overcome them

I will adopt sincerity and honesty in my dealings and interactions with everyone, and I will spread loving thoughts and good wishes Then God will support me with His strength and wisdom

Lord, I will use my willpower and intellect to accomplish small things first, and then I will move on to bigger achievements

Even if all material ambitions are fulfilled, they still only bring incomplete happiness

By finding God, I will discover the inexhaustible reservoirs of bliss that never cease to flow and run in the evergreen gardens and meadows of the soul

* * *

God is the most precious thing in my life; He sits on the throne of my conscience and inspires me with words of wisdom

He guides me to the path I should take

A balanced life

Which takes into account all divine and natural laws

It combines activity and tranquility

It brings happiness and fulfills human destiny

A house full of jewels cannot be seen in the dark, and so the divine presence cannot be felt as long as the night of ignorance prevails

If our awareness of God is not so real that we cannot accomplish our daily duties without Him, then it is clear that we have not felt any connection between God and life

When we have ambition and crown it with the idea of serving others, we help ourselves by helping others

Oh, Lord

With the spread of vital sunlight

I will spread rays of hope in the hearts of the poor and the displaced

Light the lamps of determination and self-confidence

In the hearts of those who think they are failures

When we realize that life is a school for learning and fulfilling duties, and at the same time a fleeting dream

Then we will know that God is with us

Life must be based on service, for without that noble goal, the mind that God gave to man will not achieve the purpose for which he was created

Submitting to God enables a person to accomplish all their tasks with a feeling of joy and gratitude to God, for it is only through submission that we feel peace

I will burn all my intellectual and moral weaknesses in the fire of determination, because unless I get rid of those weaknesses, I will not be able to see the divine flame

Oh, Lord

Today I will resolve to accomplish specific things, and then I will do what I have planned I will first ensure the righteousness of my intention, and then I will feel your strength and, with your help and blessing, achieve what I intend to do

* * *

Further self-affirmations in engineering

I know for certain that God’s power is infinite, and since He has placed within me a spark of His light, I also possess the power to overcome all obstacles and impediments that stand in my way

I am a means of expressing intelligence and beauty, and therefore I will dedicate my thoughts and motivations to doing good and serving humanity

Today I will monitor my thoughts and words

So that it attracts only what is beautiful and noble

I will place goodness at the forefront of my activities

I use my creative thinking to succeed

In every good endeavor and beneficial work I undertake

Realizing that God helps me if I help myself

Today I will till the garden of life

And plant in it the seeds of wisdom, health and happiness

I will thank God when my efforts are crowned with success

And I get what my heart desires

Today I will help the troublemakers around me with my good vibes, and I will dispel the darkness of tension and discord with the light of my good wishes, silent and continuous I will do my best and use the powers that God has given me in a way that benefits me and others

I will set out with complete faith in the power of the Greatest Good to obtain what I need, certain that God will extend a helping hand and bestow upon me His bounty

As soon as the forces of darkness gather to attack my inner peace, I will awaken within myself the forces of light, truth, and self-control to confront the forces of darkness and utterly disperse them

* * *

When you focus sunlight through a magnifying glass onto a small point, it produces heat, and that

heat can ignite wood, cloth, paper, and other materials Similarly, when you focus the mind precisely, its concentrated energy can burn away the evils and roots of doubt behind every failure and make the light of wisdom shine brightly and brilliantly

When the mind aligns with God, the source of all goodness and the origin of all blessed power, it becomes aware of the divine presence and possesses all the elements of success These elements are closely linked to God's immense power, capable of creating new opportunities for success in any field

Magnetic food

When people talk about food or nutrition, they usually mean the physical food consumed to sustain the body However, there are other types of nourishment that are no less important than physical food, and are often even more so Among these are intellectual or spiritual nourishment

Mental activity or concentration of mind, wisdom and spiritual discernment

Physical nourishment sustains the body's cells, while intellectual nourishment fills the mind with healthy ideas, and the nourishment of wisdom revitalizes the soul and develops its faculties Intellectual nourishment typically consists of the ideas a person thinks and those they receive from others through contact and interaction

People with calm temperaments and noble dispositions help to make our thoughts magnetic and healthy

It's not difficult to determine whether a person draws their intellectual nourishment from a peaceful or a disruptive environment Anxiety, distress, and confusion all stem from associating with the wrong kind of people, whether friends or relatives, leading to anxious thoughts and a troubled mood The body derives energy and vitality from physical food, while magnetic foods provide both body and mind with energy charges that are more easily digestible than solid and liquid foods, which cannot be readily converted into living energy

* * *

When you are able to turn ignorance into wisdom

From weakness and frailty to health and vitality

Walk confidently and boldly – even if alone – on the paths of life

And the inner joy of possessing a living and vigilant conscience

And unwavering faith in God’s justice and in the triumph of truth over falsehood and reality over illusion

And when you try every day to release your thoughts towards higher and more refined levels

She has a loving and grateful heart

And good intentions towards others

Your intellectual nourishment is magnetic

And then it will attract to you everything that is beautiful and beneficial

From things, people, and circumstances

She is in dire need of continuing the journey towards the shores of security and safety

And last but not least

When you make an effort to get what you need

Be content with what God makes easy for you, and you will be richer in spirit and more satisfied

Those who are obsessed with this world and greedy for its spoils

* * *

When a person seeks God, who is the only friend beyond all friends, it becomes possible to establish true friendship in all human relationships: familial, fraternal, marital, and spiritual

Friendship is a vital element in marital relationships, and intellectual and emotional compatibility, a sense of moral attraction, and genuine love and friendship should be prioritized Those who fail to distinguish between true love and physical attraction are repeatedly disappointed

When marriage is founded on high ideals and mutual respect, it becomes a happy and successful union between two loving and cooperative souls who alleviate each other’s burdens of life and dispel the worries of living with mutual empathy and friendly understanding

* * *

If you mold a piece of clay into the shape of a vase and bake it until it hardens, and then want to reshape the clay into a tray, you won't be able to However, you can grind the vase and add the

powder to fresh clay, and then use that to shape the tray

Similarly, if there is a bad habit ingrained in the brain and we want to change it, we will first have to use willpower to grind that habit and transform it into soft, good actions that can be reshaped as desired

Strong will means firm conviction The moment a person says to himself, "I am not bound by that habit," and means what he says, that habit will crumble and vanish as if it never existed

* * *

I do not impose my opinion on anyone, nor do I allow anyone to impose their opinion on me or make me do something that I know deep down I should not do

I think carefully about what I intend to do, I am guided by wisdom in what I undertake, I take responsibility for my actions, and I do not blame anyone else for the consequences of my deeds This self-control I learned from my teacher, I have always cherished it, and I will never relinquish it

Supreme magnetic force

Jesus said: "Seek first the kingdom of God, and all the rest will be given to you"

God is the supreme magnetic force behind all cosmic forces He is the love behind all love He is the cosmic creator and divine artist behind all art and creation

When you focus your thoughts on God: the supreme magnetic force in existence, you charge

yourself with blessed magnetism and can attract to yourself everything you need

If you think about God with deep contemplation, love Him with all your heart, and feel complete peace in His presence without wishing for anything else, then God’s blessed magnetism will bring you everything you have dreamed of and much more

"To God in Heaven"

Success, a comfortable life, healing from incurable diseases, and controlling habits—all of these can be attained If you have exhausted all physical methods and efforts and found them ineffective, open your inner door, and spiritual power will flow forth, dispelling all weakness, failure, and frustration

If you seek God's help through deep, quiet meditation and concentration, you will discover an inexhaustible reservoir of spiritual strength God is impartial and answers all who sincerely seek His help

When I found God within myself, I found Him everywhere

I have had an overwhelming longing for Him since I was a child, and once when I was a young boy I wrote Him a letter Yes, I wrote a letter to God and titled it as follows:

"To God in Heaven" and I put it in the mailbox

When we write to someone, we expect a reply When I did not receive a reply, I shed copious tears But the reply finally came to me, not through

words printed on paper, but in an amazing luminous vision

Everyone can get a response from God if the attempt is serious and the effort is continuous

If you direct your questions to God, wrap them in deep feeling, and send them via the mail of contemplation, then honestly and certainly you will get the answer

* * *

There is a spiritual physiology underlying the nervous system that uniquely allows humans to reach the highest stages of conscious development The human brain, larger than the brains of most animals except whales and elephants, is more complex and possesses a greater capacity for thought This makes the human brain a suitable instrument for humans, who possess a more advanced consciousness than other creatures The brain's intricate and complex convolutions enable humans to engage in profound and deep thought Therefore, humans alone are capable of reaching advanced levels of discernment and, consequently, of knowing their Creator The wise person is the one who employs their mental faculties in service and benefit to humanity on the material, intellectual, and spiritual levels

* * *

I sang a song for you

It has never been uttered by any human being before

And to you I dedicate my authentic melody

The one my heart plays deep inside

And on its strings
I have created this first anthem
And here I offer it to you as a pure offering
I will not offer you dry, intellectual tunes
Or ornate melodies composed by others
And I will give you nothing but
The simple, naive melodies of my heart
I will not place cultured roses in front of you
In glass houses
And filled with emotions and passions
Instead, I offer you wildflowers that have just sprouted
In the fields of my longing
And the promoter of my life
* * *
So that I may listen to you
Guardian Angel
My inner vision has been harmonized with the radio
With gentle, loving touches
I often listened in meditation
To the sweetest melodies of your saints who are close to you:
For wonderful spiritual symphonies
And for pieces from the creations of my heart
And a melodious melody from my old longing for you
With patience and composure, I adjusted the indicator of my deepest feelings
And when sleep weighed down my eyelids
I almost succumbed to sleep
Your authentic hymn flowed through me

And now I broadcast ecstatic echoes
From the melodies of your joy
And I add my voice to the choir of your worshippers
The hymns grow louder
Longing and yearning grow stronger
* * *

Whoever adopts a path of evil selfishness, others will try to take everything he has from him, but if he is otherwise, others will show him generosity and sympathy

What an individual projects or sends to others —in word, deed, and thought—will attract back to them in the same kind and to the same degree Their true nature will be revealed through their facial expressions and actions Others will sense their psychological vibrations or waves, and their reactions to them will correspond to the nature of those vibrations—negative or positive

We cannot own everything What we have has been given to us by God for us to use temporarily while we are on this earth, and sooner or later we will have to give up our possessions, either due to accidents, theft, wear and tear, or death

Thus, when we try to hold on to or keep anything just for the sake of owning it, we are deceiving ourselves

Even these bodies we have lived in for so many years will one day be relinquished Therefore, it is a mistake to force ourselves to believe we possess things that, in reality, cannot be possessed at all

When something is given to us, we should know that it is only ours for a certain period, and we should be willing to share it with others

When a person desires more than they need, significant problems await them Undoubtedly, we must have basic needs such as food, shelter, clothing, and some financial security, but in our pursuit of these things, we must eliminate unnecessary needs, by which I mean unbridled desires and the burning urge to possess more than is necessary

* * *

We cannot live in the world as individuals we need to rely on our fellow human beings in order to live and enjoy life

This is true both spiritually and materially We cannot maintain a decent standard of living without the exchange of goods and services

We can accelerate our intellectual and spiritual progress by sharing our experiences and discoveries

When we unite our Eastern, Western, Northern, and Southern ideas, we can cultivate our talents and develop our capabilities as one human family

* * *

In the garden of my nightly dreams
Many flowers bloom:
Rare imaginary flowers
There where the warm planetary light shines
The buds of earthly hopes are blossoming
Spreading bright petals

From investigation and satisfaction
In the glow of those dreams
I glimpse specters of the faces of a forgotten beloved
And cherished, buried feelings
I have been sleeping for a long time
The soil of the unconscious
They all rise in glittering gowns
In response to the call of the angels of dreams
He saw the resurrection of all past trials
Lord, you have given us freedom
To forget our daily troubles
By nighttime visits to the land of dreams
Help us to wake up with you
And we escape forever from human sorrows and grief
* * *
O divine refuge!
I am swimming in the sea of life
I am being tossed about by fierce storms of adversity
Whether you are floating on waves of pleasure
Or, from time to time, drowning in the depths of pain
I long to escape the duality
By reaching your ethereal, supreme shores
And with each wave of my supplications
I draw near to you, my only refuge
I will not stop trying
Because I know you are eager for my arrival
She eagerly awaits my return!
I am a bird of paradise: a bird of heaven

Which was crafted by your blessed hands
You have beautified me with your charm
And the beautiful colors
With the down of tenderness and the golden feathers of spiritual blossoming
I soared high
In the gloomy, sullen atmosphere of life
In search of paradise
My bright feathers were stained
With dark stains of despair
Come, my God
Wash your paradise bird
With rays of wisdom
And the pure, sweet waters of peace
The axis of my peace and the anchor of my happiness
Although I work hard and diligently to get to know you by following your laws and rules, I must realize, Lord, that you are above all laws and rules
Universal Mother, you dwell in the heart of every human mother Fill all mothers with your wisdom and tenderness so that they may show even more of your boundless love
My beloved God, I know that Your holy presence is everywhere Just as pure oil is hidden in unpressed olives, so Your sublime presence is present in the universe Blessed are those who use the press of thinking about You and meditating on You to extract the blessed oil of Your divine presence
Through good deeds and creative positive thoughts, I will nurture the seed of self-knowledge

and water it with the waters of contemplation and longing until the flower of divine love blossoms in the garden of my life

The world is trying to restrain my consciousness with strong ropes of intense desires, but I will work to cut those ropes with the knife of understanding and discernment so that my consciousness may be freed and set off towards divine graces

The power of thought, speech, and action comes from You, my Creator Help me to use this power only for good thoughts, kind words, and beneficial deeds Through meditation, my love for You grows until it fills my entire being and removes all obstacles and impediments from my life's path And since You are the Creator of this dreamy earthly world, my first duty is to You, not to this illusory world

Conflicts and turmoil try to distance me and prevent me from realizing your blessed presence, but you will always remain, O Lord, the center of my peace and the anchor of my happiness

* * *

There are mines of knowledge and treasures of wisdom lying within man, waiting to be discovered and revealed through deep contemplation and serious exploration

Humans use their latent energies unconsciously, or subconsciously, in everything they do and get some results, but if they know how to invest those energies and control them

consciously, they will accomplish many great things

When the soul is filled with natural wisdom, natural vitality, love of goodness, and good will, then, just as the bee searches for flowers, success, prosperity, knowledge, and all other blessings of life will search for you, by the grace of God

* * *

On this earth, God works to derive and develop the universal art of happy living by instilling feelings of brotherhood in people’s hearts and cultivating respect and appreciation for others in each other’s souls

Therefore, He – may He be glorified – did not allow any nation to be perfect in itself Rather, He endowed the individuals of each people with their own special abilities and talents, and distinguished them with a unique genius so that they could make a distinguished contribution to the progress of world civilization

Peace on earth will blossom and bear fruit among nations through their constructive exchange of the best qualities and advantages of each

While we may overlook the shortcomings of other nations, we must clearly see their virtues and emulate them It is crucial to note that these ideals have been embodied in prophets, apostles, and saints throughout history, who were—and remain—living examples of the highest sacred teachings

Definition of "self"

The senses, which derive their existence from the consciousness and energy emanating from God, show us the world and portray the soul as a separate entity from its source and from the rest of creation

The physical cage has imprisoned the soul, which is a reflection of the universal spirit, and it has been overcome by forgetfulness, so it no longer remembers its divine essence, but rather considers its physical cage to be its true self Therefore, it assumes and attributes to itself all the impurities and limitations of the body

In such a case, the soul is called the "ego," but when this ego or this small, restricted self realizes that its connection to the body is temporary and that it has an immortal, undying essence, then it can be called the soul And the more its awareness of its essential nature is established, and the more its consciousness rises and expands, the more it feels that it is closely connected to cosmic consciousness and that all of humanity is its global family

* * *

Let us put gifts that do not perish
It is not affected by decay
From good intentions
altruistic services
Unconditional love
Under the tree of humanity
With long branches
and the many branches
Which represent races

Human nationalities
Despite their differences and diversity
May God accept your good deeds
Driven by good intentions

Second awakening

With you, I feel as though I am in a second awakening in another world From time to time, I dream of this earth and that my body is in it, but I am awake in uninterrupted bliss, and my daytime dream of this earthly life is perfumed with the fragrance of memories scattered like rose petals

I see myself gliding through the panorama of life, adorned with dreams and embellished with numerous scenes from diverse scenic experiences, carrying the trembling memories of my earthly dreams to the eternal awakening of the heavens

I have uprooted the thorns of nightmares from the garden of my life and planted roses of inspiration in it, where my cosmic beloved will accept my invitation, perfumed with the musk of longing, and take me with him to the heavenly home overflowing with renewed joys and endless blessings

* * *

God's love is ethereal and gentle, and He certainly responds to everyone who expresses their deep longing and sincere yearning to Him

People mistakenly believe they live by food, not by the power of God Many call upon Him with fleeting thoughts, like a feather in the wind, wrongly believing He doesn't answer their prayers Yet, He helps those who believe in Him, even

without their realizing it And yet, many remain ignorant of Him, assuming He is far removed from them When resolve never falters, determination never weakens, and the heartfelt plea continues silently and confidently, and divine help is sought with sincerity and hope, even when confronted with the obstacles of weakness, anxiety, unhealthy habits, or confused thoughts, then help will come, and with it, relief

God responds in a profound and silent way to every sincere plea that comes from the depths of the heart

The true value of a human being

Willpower and sound planning are essential for what you intend to do If you are determined and proceed on your path like a blazing arrow or a blazing torch, all obstacles in your way will burn and turn to ashes

Choose a task you don't think you can do, and then try your best to accomplish it When you succeed, move on to something bigger and more important Continue training your willpower in this way, and you will see the results for yourself If the difficulty is too great, pray fervently and with faith to God to give you the strength to overcome it

Willpower must be used if you wish to eliminate failure, and determination must be as strong as a mighty hurricane – a hurricane of good – that has no obstacle in its way and destroys only evil

It doesn't matter who a person is or what their social standing is Their true worth depends on the

good will they possess and how they use that will to do good deeds and help those in need

Willpower lies within you, and if you use it correctly, you will be able to achieve anything

It is the will that leads man from desire to desire until he finally makes him exert the utmost effort to achieve success in fulfilling the greatest desire: to know himself and God

Willpower grows in a person in a normal, gradual way, but its growth can be accelerated by sound thinking and correct action

Holding onto an idea with an iron will means achieving that idea sooner or later, thanks to unwavering determination and a resolve that knows no weakness or discouragement

Human will is governed and guided by ignorance and often leads to error and unhappiness But when the will is guided by wisdom and righteous action, and when it is harmonized with the divine will, then it works for the benefit and happiness of humankind

Training the will is essential to align it with the divine will When the will constantly revolves around a specific goal, it becomes a dynamic and effective will This is the will possessed by prophets, great figures, and those who have achieved tremendous accomplishments in this world

Before embarking on any action, think carefully about what you are about to do Make sure you will use your willpower to achieve things beneficial to yourself and others If you misuse your

willpower, the results will certainly be detrimental to you

Don't be negative; God has given you the will to use it and win the battle of life Remember that God's will lies behind yours

Willpower can bring about physiological changes in the body You don't need time to break a deeply ingrained habit as long as you possess sufficient willpower

When Master Buddha sought spiritual enlightenment, he sat under a banyan tree (Indian fig) and said something to the effect of:

Here I sit under the banyan tree

And I repeat this oath truthfully

If I do not understand the secret of existence

And I will gain from my research the precious treasure

I will not leave my position no matter what

Even if my bones and body melt away

I will remain seated forever!

Finally, the enlightened Gautama Buddha succeeded in his divine request

He got what he wanted

Indeed, such a will is a will

United with the universal will

Within you lies a current of cosmic energy that sustains your body indefinitely However, when something happens to the body, you forget that energy Using your will for the wrong purposes means losing your connection to this cosmic energy Training that willpower means connecting with that immense life force

Willpower must be kept alive and active in good deeds and beneficial and noble achievements in life

* * *

Habits are automatic psychological tools and mechanisms that help in accomplishing necessary tasks easily and effortlessly

Many allow the habits of weakness and failure to enslave them, and a person can protect himself if he lives differently, provided that he is serious about fighting harmful habits until he reaches safety and the shores of victory

Unbridled desires encourage unhealthy habits by fueling and justifying them with false hopes and promises of fleeting happiness and satisfaction In those moments of weakness and confusion, those who wish to overcome these unbridled habits must summon their discerning judgment to understand their true nature and learn how to deal with them effectively

Bad habits have dire consequences and bitter, poisonous fruits If left unchecked, these destructive habits will grow stronger, holding a person in their powerful grip and overwhelming influence But once the mind recognizes the futility and harm of these habits, their impact diminishes and they eventually disappear from a person's life

* * *

The scriptures affirm that God transcends the grasp of reason and intellect For despite their power, their capacity remains insufficient to comprehend or encompass Him Therefore, the

human mind is incapable of forming a true concept of God, nor can it understand that which has no beginning and no end

When you look at the Sun from millions of miles away in space, that enormous star appears much smaller than our Earth Yet, Earth's diameter is approximately 7,900 miles, while the Sun's diameter is a hundred times greater If you could place our planet Earth directly in front of the Sun, it would appear tiny in comparison And if we imagine the Sun's vast field expanding until its immense mass engulfs the entire blue sky, the sky we see is but a tiny speck, a mere speck, of the infinite expanse of space that permeates the universe Even if the Sun continued to expand infinitely, it still could not encompass infinity

The cosmic illusion of smallness and infinity limits and prevents the mind from grasping the vastness of the universe Where did this absolute void come from, and where are its boundaries?

The One who is not subject to dimensions or measurements, who has no limit or origin, is God, who is omnipresent and exists in the farthest reaches of space He is in the distant, remote stars, and He is consciously aware of every space He occupies, no matter how small or large

God is not the mind because He is the creator of the mind and transcends its powers; otherwise, we could comprehend Him through the mind However, we can accurately and precisely call Him divine consciousness, divine bliss, or divine presence; but not the mind

Although the mind is incapable of comprehending the entirety of existence, it is nevertheless capable of sensing God's presence Sensing His presence and measuring it are two entirely different experiences

A wave cannot measure its surroundings, but there is a point of contact between them Similarly, this point is higher consciousness This consciousness can sense God, that is, to experience His presence When we expand the realm of ordinary reason until it connects closely with higher consciousness, we can then sense the divine presence

We have descended from the unlimited absolute to the limited and finite Yoga is the drawing of the mind away from external things in order to focus it on the inner source of truth Only in this way can we discover the method God used to condense universal consciousness into the finite images of His creation and the universes that inhabit them

The human body is the most intricate and complex of God's creations A single primordial cell, formed from the fusion of the sperm and the egg, divides, and through the multiplication of this division process, billions of cells are built around it to create the physical structure that houses our spiritual consciousness

You cannot know the amount of energy stored even in a single gram of meat If that energy were released, countless electrons would spread into infinite space The power and field of consciousness

residing within the body surpass human comprehension Although our apparent structure is composed of flesh, blood, and bone, behind its dense cells lie electronic and vital currents And behind these subtle, intricate energies lie thoughts and perceptions

Thought is inexhaustible and knows no end Since the dawn of time, ideas beyond imagination have swirled through the air Countless thoughts are impossible to enumerate, but if you were to consider the number of thoughts and feelings that have crossed your mind and been expressed throughout your life, you would gain an idea of the millions of ideas that exist

Try, if you can, to recall all the thoughts you had in a single year, or even just a single day, and then consider the vast number of thoughts accumulated by all of humanity throughout history, right up to the present day God knows them all

The mind cannot comprehend even the most subtle natural phenomena Consider the sheer number of electrons swirling in the electricity flowing through light bulbs! Trillions of them dance together, creating the light we see These particles, invisible even to a microscope, travel from one point to another in the universe in mere seconds Scientific experiments confirm this

If you tried to count the number of protons and electrons packed into our planet Earth, the mind would continue the calculation for a short while and then stop The things that appear to the researcher's mind seem infinite

But there comes a point where ideas become too subtle to grasp From that level, impenetrable to the mind, God pours forth His essential light: the intelligent cosmic vibration that builds and sustains the finite creation

friendship

Is friendship a blessed garment woven from the threads of the heart?

Or is it the merging of two minds into one vast, expansive mind?

Mother and daughter, two fountains of love springing from a single source

To enhance the flow of love and quench the thirst of parched souls?

Or is it a lone rose amidst two branches growing on the grove of friendly understanding?

Or is it one thought in two bodies?

Can friendship be likened to two horses?

Despite their different colors, they pull the vehicle of life together

Towards a lofty goal with a unified vision?

Is friendship based on inequality or equality?

Are its walls built with stones of contrast and differentiation?

Does she blindly agree with good and evil?

And to walk with zeal and joy on the paths of recklessness and folly

Towards the abyss of disappointment and the dispelling of illusions?

Friendship is a noble, fruitful, and sacred plant!

When two people pledge lasting fidelity

They walk the paths of life despite their differences of opinion

When they disagree and agree, it is with affection and respect

They support each other and wish each other well, just as they wish for themselves

He rejoices in his friend's success as much as he rejoices in his own

Where the lover does not seek pleasure or comfort at the expense of the beloved

Then in that garden of altruism

Friendship blossoms and flourishes, and is filled with the fragrance of love and loyalty

Because friendship is a hybrid plant, born from two souls

Its fragrance emanates from two different roses

And carried on the breezes of unwavering love

He who is unshaken by adversity and without blemish

Friendship is born from a heart of inexplicable love

And a wealth of pure emotions flows forth

It grows in the soil of harmony and discord

But it slumbersit freezesand spends its time in excessive familiarity and a lack of mutual respect

It suffocates and breathes its last breaths under the dense piles of selfish desires

But her tender heart can only be overcome by expectations and demands

Deception and deception

Yes, these pests are doing their work on the plant of friendship and gnawing at its pink heart

O friendship, O blossoming, dewy plant of the sky, your ideal environment is the soil rich with love devoid of all purpose and desire, where friends strive to build and support each other and pave the way for one another along the path

Nothing can quench your thirst, O friendship

Disregarding feelings and respecting those who have them

Nothing moistens your leaves like a clear, cascading spray of sweetness

From the heavens of sincere, loving hearts

Oh, true friendship

Wherever your rose petals scatter

That spot is sacred

It becomes a blessed temple

It is visited by every believer in God and in the sanctity of life

* * *

I will light up the smiles the darkness of my misery will dissipate, and I will see my soul in the light of my smiles hidden behind the thick gloom of accumulated ages

When I find myself, I will flow into all hearts, carrying the torch of my soul's smile

My heart will smile first, then my eyes and my face Every atom of my being will shine with the light of smiles

I will penetrate the depths of gloomy hearts and kindle a mighty fire that will devour all sorrows

I am the irresistible flame of smiles I will refresh myself with the breeze of divine joy, and I will blaze in the darkness of minds And all who meet me will receive a burst of my sacred delight

I will carry healing torches of my smiles to every heart I will smile first, even if it is difficult, and I will inspire the miserable and weeping to smile

In the joy of all hearts, I hear the echo of Your bliss, O God In the friendship of all the faithful, I find Your love I rejoice and my heart is glad at the success and prosperity of my brothers and sisters, just as I rejoice and am glad at my own ease and well-being As I inspire wisdom and understanding in others, I multiply the treasures of my own wisdom and knowledge In the happiness of all, I find my own happiness

Nothing will erase my smiles Failure, illness, and death cannot frighten me or dampen my spirits

In truth, calamities and disasters cannot harm me because I possess within my soul the eternal, renewed joy of God that does not change and cannot be defeated

O holy, silent divine smile, crown my face and smile through my soul

I will try to be a billionaire of joy, because my true wealth lies in the coffers of your blessed presence, Lord, and thus I will satisfy my need for spiritual success and material well-being at the same time

* * *

Peace flows from my heart
It blows through me like a gentle breeze
Peace envelops me like a fragrant perfume
Peace flows through me like waves of light
Peace heals the heart of worry and anxiety, and burns away the thorns of fear and sleeplessness
Peace expands expansively - like a fiery mass - and fills my entire existence
Peace is like an ocean, filling the space and atmosphere
Peace is like crimson blood; it breathes life into the veins of my thoughts
Peace, like the sprawling twilight, encircles the body of my infinity
The flame of peace emanates from the pores of my body, and from the entire universe
The fragrance of peace permeates the rose gardens
The wine of peace is constantly dripping from the presses of every heart
Peace is the life of stones and moons, saints and prophets
Peace is the spring water of the soul
The liquid that comes from the jar of silence
Which I sift through the countless pores of my atoms
* * *
I will pray with a fervent heart until the darkness of contemplation is ignited by Your radiant presence, O Lord Today I will broadcast the song of my soul into the air with deep, heartfelt

focus, hoping that You will respond through the receiver of my tranquility

O You who are ever-present, ever-renewing bliss!

Free my mind from the burdens of apathy and forgetfulness

Let me savor the ever-blessed nectar of your presence

As my inner and outer tranquility expands, your peace comes to me

I will always try to listen to the echo of your ethereal footsteps

If I were to receive you as the deepest joy of the deepest contemplation

I know then that all things

Prosperity, health, and wisdom will be given to me

Help me to find you

In the depths of my soul's waters, thirsting for you

love

Love is the fragrance of blooming lilies

And the chorus of silent roses

Celebrating the beauty of nature

Love is a song of the soul singing for life

And the balanced rhythmic dance of the planets

In its perpetual journey into deep space

It is the thirst of flowers to sip sunlight

And it flourishes and is nourished by the elixir of life

It is the longing of the earth

To nourish the thirsty roots with its milk
And nurturing all kinds of life with the essence of life
It is the mighty will of the sun
To keep all living things alive and active
It is the driving force of life
To provide protection and care for minors
It is the smile of innocence that evokes paternal affection
on the baby
And the automatic submission in the hearts of lovers
To provide service and condolences free of charge
It's the pulse of friendship
The one who mends broken hearts and heals wounds
It is a call to the heart that defies description
He is a poet overflowing with love for humanity
The one who suffers from her misery
It is the circle of intimacy between members of the same family
Constantly expanding and widening towards larger spaces
And broader fields
It is the whisper of life
In the horizons of open minds
And the sky of hearts studded with the stars of noble feelings
Love is the bliss of the soul
That which loving souls aspire to

And she longs to reach him and communicate with him

From the archives: Quotes about success and successful people

A child might perceive success as owning many toys and dolls, and perhaps even a small car to ride in A poor child might see success as having some money to buy whatever they like, while a wealthy child might be dissatisfied with their toys and lack contentment Such a child, overwhelmed by the sheer number of things they possess, might become difficult to please

As we grow older, we laugh at our childhood desires Even many of the things adults strive for today lose their appeal tomorrow or the day after, replaced by new desires

It is advisable for a person to use the distinction between what is necessary and what is unnecessary

Success is essential for a person to have the necessities of life: food, shelter, health, and clothing If they lack even a small portion of these things, they are in a miserable situation

One must be able to obtain a minimum level of comfort and happiness Whether one is spiritual or materialistic in nature, there is no disagreement that there are certain basic needs that must be met in order to maintain physical health and well-being Without being healthy and sound (at least psychologically), one cannot achieve success

But what is true success? If a person gets everything he wants in life, he will still feel empty

because he is a soul, and material things cannot give him happiness, which is first and foremost a psychological state

We have the power to make ourselves happy, just as we have the power to make ourselves miserable The secret to success and happiness lies within you You might be happier in your humble home than a king in his magnificent palace Those who find success and prosperity outside themselves are neither truly successful nor happy This doesn't mean that millionaires are unhappy; rather, it means that if you can extract happiness from life, whether you are poor or rich, you are successful by any measure

A fleeting pleasure that leaves only regret and remorse is not true happiness In genuine success, the memory of achieving it remains alive even after the initial joy of accomplishment fades All the good things a person has done and continues to do in their life live on forever in their memory as lasting joy That is the true success a person achieves in life

Success is not a simple thing; it cannot be measured by a person's wealth or possessions The meaning of success is much deeper than that True success can be measured by a person's ability to be happy under all circumstances

When your conscience is clear and at ease, and you are not biased towards anyone or unfair to anyone and when your will is firm and flexible at the same time, and you possess a delicate feeling and correct discernment and when you are able to

obtain what you need in honorable and legitimate ways, then you are among the successful

A child is often satisfied with a few small things, but when he grows up he wants to own many things, such as villas and cars, even though he knows that the owners of those things are not necessarily happy

Contentment lies in a simple life and lofty thoughts Those who keep their minds in the realm of ideals—the realm of noble ideas—experience greater happiness than those who confine their thoughts to material things alone Those preoccupied with material possessions and nothing else, those who are obsessed with accumulating luxuries (for the sake of extravagance and showing off), are not truly refined

It is far more beneficial for a person to read useful books and articles rather than wasting time on unproductive activities Even greater than reading is reflecting on God, contemplating His greatness, and striving to understand the boundless and endless mysteries of life

The purpose of life is for a person to know himself, to feel the cosmic environment pulsating in his heart, flowing in his veins, and filling his being with peace, love, joy, and tranquility and that is the greatest victory!

Beauty

People with sight appreciate beauty everywhere Others act as if they have no eyes; they neither see nor perceive because they are unable to notice anything, even in beautiful places

The most beautiful earthly colors look ugly and dense compared to the magnificent colors of the planetary or ethereal world

On a physical level, humans have discovered various ways to enhance their visual perception The naked eye receives limited color impressions; however, some light brown rocks exhibit iridescent colors under ultraviolet light When this light is blocked, the rocks revert to their original dark color

Many colors in the physical world, such as the blue of the sky, are optical illusions created by the reflection of light on different types of particles Since the eye can only perceive a limited range of vibrations that constitute everything in the universe, humans cannot see the subtle, ethereal spectra hidden in all that surrounds them If you were to see them, you would marvel at their splendor and beauty

Thus, neither the eye nor the ear can perceive all that can be perceived Humans are incapable of inhaling the ethereal, fragrant scents or witnessing the countless subtle shapes, images, and delicate impressions rippling through the vastness of the ether

Humans are often unable to perceive even things that fall within their field of sensory perception

When I visited Mexico and saw the "floating gardens" of Lake Zuquemilco, their beauty filled my heart and I felt the magnificence and greatness of the divine artist

There was another person who seemed absorbed in those natural beauties, but an inner feeling suggested to me that he was not seeing what I was seeing I asked him about his impression of those delightful views, and he replied: "I was thinking of an effective way to drain the water in order to cultivate more land"

He was viewing the lake from his own perspective And so we all view things according to our own ideas and biases

Every soul is enveloped in different vibrations or oscillations of sensations, thoughts, and feelings all the factors that help to form a person's personality or consciousness

Each person has a different makeup, a different vibration Everything a person has done since childhood is still stored in the brain as compressed capsules of tendencies and inclinations And since we cannot see these invisible capsules, we are astonished by people's actions, each according to their own whims

Some people become easily swayed by joy for no apparent reason, or their moods sour in ways that defy explanation, even from themselves Others are constantly preoccupied with criticism, spreading rumors, and exposing others, while their own inner selves are in dire need of attention and cleansing

These psychological tendencies bury the soul and prevent the person from showing the merits of his higher self

How complex and self-limiting humans are! Every person is a multi-chapter story, with intertwined events and diverse scenes

* * *

Thoughts of failure must be banished with positive thoughts of success and optimism Fears must be minimized by not exaggerating them Sorrows must be dispelled with the light of happiness Rudeness must be overcome with kindness and consideration Nonsense must be eliminated with affection and courtesy Sick thoughts must be removed from the throne of health by sound thoughts and correct feelings Disturbance and anxiety must be eradicated by faith and activating the powers of the mind A kingdom of tranquility must be established in the soul to touch the blessed presence and feel divine protection

Give a generous spirit

Lord, let me realize that the pleasures of the senses are superficial and short-lived

While the joy of the soul is real and ever-renewing

God is here He is not merely a word we utter, but the essence of life and the secret of existence We may not know the full extent of His boundless reach, but we can sense His presence and feel His being

God is the cosmic stillness in which all things are reflected and from which all enlightened thoughts emerge Therefore, I will try to practice stillness in order to feel His happy presence

Today I will adorn the sanctuary of tranquility with the flowers of divine longing and call upon the God of love and joy

I ask God to reveal Himself to me through my spiritual eyes so that I may see His light spread throughout all parts of the universe

I know that God listens to every whisper of my longing He is universal love, and through divine love I can find Him, for through love the seeker draws near to God and drinks from the springs of sacred bliss

Lord, help me to charge my body with Your cosmic energy, to heal my mind with focus and optimism, and to heal my soul with spiritual perceptions born of meditation

In life and in death, in sorrows and calamities, my faith in You, O Lord, remains strong and unshaken, firm and unwavering

Every breath of my longing and supplication opens doors and windows in my soul through which I pass to God’s bliss

Just as the sun shines on the busiest roads, so I will perceive the rays of divine love

In all the busy places of my daily activities, bless me, O Lord, so that I may awaken my soul with the dawn and bring it to Your blessed threshold

O Lord, grant me a generous spirit to share with others what I have, and help me to see in the still lake of my mind the reflection of my soul's moon shining with the light of Your presence

Today I will dive deep into the sea of contemplation and reflection on God until I find pearls of wisdom and divine joy

I will love you, Lord, more than anything else, because without you I cannot love any human being or anything else

In the depths of the mountains and the still skies, and in the depths of my soul and the cave of silence, I sense the presence of God and feel His constant joy, and I drink from His pure springs that never cease nor dry up for all eternity

I will worship you, Lord

O you whose love is equal

On the throne of every kind and loving heart

* * *

Money is not necessarily an indicator of good taste Many wealthy people buy things they don't need, which then accumulate in their homes in unsightly and useless piles You don't need a lot of money to make a house attractive; taste is the key element However, the idea of beautifying the home obsesses some people, leading them to become fixated on material things and limit their self-confidence

Anyone burdened with mounting and pressing bills is bound to yearn for a simpler life and freedom from financial pressures But that freedom won't come from succumbing to laziness and inactivity, or abandoning everything without justification or logic

It once happened that a man suffered a great loss and said:

"Oh, woe is me! I have lost my fortune and my wife has left me, so I have decided to leave everything and become a hermit"

This man, my friends, did not leave everything behind, but rather he left everything behind!

Psychological well-being and a sense of contentment are two important elements for achieving happiness After examining and sorting through all desires, it can then be said: "There is no difficulty in obtaining the necessary material needs, and the inability to possess them is unjustified"

* * *

The divine presence is present in the stars, in the good earth, in the heartbeats, and in the pulse of emotions Whoever continues on the path toward the blessed goal and contemplates God and His wonders will see Him in the golden robe of the universe—a robe of light spreading across endless eternity—and will feel His vibrant presence in every noble and sublime thought and in every heartbeat

Many have spoken about God, many have searched for Him, and many have read about Him, but few have touched His presence Those who have tasted His bliss are the ones who know Him

"Roasting" the seeds of ignorance-driven businesses

Human beings shape their own destiny through their will, determining their fate through their intentions and actions You can free yourself from suffering if you choose to do so God, whose

essence is love, does not want His beloved to suffer the ravages of pain as a result of wrong actions and flawed thinking He has endowed humanity with the power of discernment and freedom of choice However, due to incorrect decisions and unwise choices, humans bring suffering and pain upon themselves and others

You must be free and not allow anyone to dictate your decisions or dominate you Do not let your surroundings, customs, or harmful traditions restrict you and control your way of life Act with wisdom, listen to your conscience, and consider the consequences of your actions before embarking on any endeavor Avoid harming others through your improper behavior, and seek God's help and guidance

As long as a person is a prey to anger, jealousy, and envy, they are not free They must become masters of their emotions and actions, and liberate themselves from destructive instincts, unbridled passions, and wrong desires

If you are completely honest with yourself, wisdom will support your thinking, rightness will guide your decision, and understanding will illuminate your mind

The seeds of past actions driven by ignorance must be "roasted" in the fire of reflection and wisdom so that they become incapable of sprouting and growing again This is the way to repel and thwart the fierce attacks of deception

The cosmic illusion - or Satan - deceives man with false promises and alluring temptations to

pursue the mirage of sensual pleasures, and controls his faculties because he promises him worldly happiness that has no reality, and thus works hard to prevent him from tasting the fruits of true happiness that exist in abundance in the gardens of the soul

The wise know the difference between truth and illusion and are adept at discerning As they delve deeper into contemplation, they become intimately aware of the importance of free will and the necessity of exercising freedom of choice to do what is right and avoid actions with harmful consequences and unpleasant outcomes

Daily reflections

Today I will shatter the image of ignorance that defiles the sanctuary of the soul within me, and I will remember that the most holy light of God constantly shines upon my being and dispels the darkness of illusion from my mind and soul, and that He who created me never leaves me

Beneath every wave of life lies the abundant ocean of divine presence, and behind every beat of the heart lies the infinite sea of cosmic feeling

Every night I will reassure myself that I am not the body

Rather, the spirit that inhabits the body

And that my spiritual being is eternally immortal

When I wake up, I will remember to confirm it again

In the structure of sleep I will recover and renew my strength, but that is not enough I need a

sanctuary of stillness and contemplation where I can retreat each day to explore the horizons of my consciousness and discover the secrets of my soul

I know for certain that God never abandons me for a single moment, and no matter what my material circumstances are, I remain rich in God because the abundance of His grace flows through me constantly

Love is God's silent call to all living and inanimate beings to return to the house of His oneness

Love is born in the gardens of progress and renewal, and therefore I will always work on renewing myself and motivating my spirit to move forward on the path of achievement

Today I will avoid the two extremes: vanity and negativity, and I will remember that God works through me and that if I touch His presence I will be safe from all evils

I realize that the goal of life is happiness, not selfish happiness that excludes others, but happiness that includes them and grows stronger by making them happy

Behind the moon is the greatest full moon, behind the sun is the power and vitality of God, and behind the human mind is the universal mind Therefore, I will not restrict myself to the small self: "the ego"

O Lord, if we seek You with all our hearts, You will open doors for us and send us everything we need to get closer to You and get to know You

I will keep my mind open and receptive, and then I will see God in all that is noble and sublime, and I will realize that I am in vital contact with His blessed presence

When I open my eyes to the joy of contemplation, the darkness will vanish and the light of faith will take me to the kingdom of lights where God is waiting

I will remember that ignorance is the source of all physical, mental, and spiritual illnesses Therefore, I will dispel the darkness of ignorance by beholding the light of God

Today I will connect with the friends of wisdom through their books and teachings I will enter through the doors of serious, contemplative study

To the wondrous and amazing worlds of thought I will read inspiring books and materials about God, the source of all inspiration and great ideas

God has endowed each of us with a unique power to create something extraordinary that no one else has It is the power of creative initiative, and therefore I will do my utmost to cultivate that power

O my beloved God, I know that I possess the spark of divinity within myself, and therefore I will carry out my activities tirelessly, and the caravan of my life will continue its journey, knowing that Your infinite creative powers help me, elevate my ambition, and charge my resolve

Today I will think carefully before acting Habit is the result of various actions, and actions can be

judged by their effect on the psyche, so I will do my best to free myself from bad habits

Lord, help me to strengthen my will and not allow habits to enslave me Guide me so that I may develop myself spiritually through inner and outer discipline

There is no security without God No happiness without Him No love without Him No peace without Him No life without God

My greetings to you

I took the melodies from the songs

And the tender feelings were brought forth from the poems and verses

The elixir was extracted from the nectar

And she gathered the fragrance of flowers and roses

I took the ideas from all minds

And I brought the spirit from my love

And the symphony of the celestial bodies was received

And I drew strength from all of life

I have distilled Your mercy from all my supplications

And I brewed your love in my heart

And I captured the essence of stillness

And I took longing and yearning from the pot of my devotion

And I brought them all to you

Why don't you come out of your hiding place?

And you accepted my humble offerings from myself from me?

Master Paramhansa Yogananda

The story of the black grape

As narrated by the teacher Paramhansa

Great proofs sometimes come from small wishes

Once, while I was in Boston with a friend, I saw a large bunch of black grapes and wanted to buy it, but it cost $3 [more than seventy years ago], and I heard someone say, "Isn't he wasteful?!"

I decided not to buy the grapes, and having received inner confirmation, I said to myself: "God knows that I want those grapes and He will give me grapes again"

About six months later, one evening I went into a fruit shop and bought some grapes similar to the ones I had seen before, having forgotten the promise I had made to myself that I would wait until God gave me grapes Immediately I heard the divine voice inside me saying, "Return those grapes"

I turned around and said to the shopkeeper, "Give me a honeydew melon instead of grapes" The man seemed confused, but he did as I asked, and I left with the melon

When I got home, I was surprised to find a box containing two bunches of black grapes with no label attached, which piqued my curiosity to know who had given them to me For a month, I tried to find out who it was, and one day I heard God's voice again, assuring me that I would be told One evening, while I was giving a lecture, one of the students in the audience caught my attention, and

I said to him, "God tells me that you are the one who gave me the grapes"

He answered in the negative, but later he confessed to me what had happened, as while he was meditating he saw a great light and a hand holding some black grapes, and the strongest thought in his mind was that he should go and buy those grapes for Yogananda

He said that he bought one bunch and then another, even though he still believed that the vision must have been just a hallucination Then he prayed [to know the truth] and it became clear to him that the vision was true and that it was from God who wanted him to buy those grapes and give them to me

A void that is difficult to fill

It is time for man to activate the powers that reveal truths within him, for happiness is linked to that revelation Those who wish to reach those personal horizons must make purposeful efforts and nourish the mind with creative ideas to touch the truths that God has placed within them and to benefit from the blessed powers that abound in their being

Whoever desires to satisfy the physical senses without tasting the nectar of spiritual happiness from the divine spring, the source of all contentment and joy, makes a losing investment and his intellectual harvest will be meager

Those who wish to know God will have their wish granted by God because He is generous and benevolent However, most people run after worldly

desires, consoling themselves with material happiness that does not last, and they suffer because of not achieving it or because of achieving it!

Even those who are financially successful will eventually feel a void in their lives that is difficult to fill, while those who connect their lives to God are rich, powerful, and enjoy contentment and prosperity

Disregarding the dictates of wisdom and ignoring the voice of conscience leads to crooked, slippery, perilous, and miserable paths, while following the path of righteousness leads to liberation from shackles and the acquisition of the power to do what is right, not what is dictated by misguided instincts and misleading habits

Those seeking happiness can benefit from the experience of wise people who have dealt with life's dilemmas and found solutions to them

Indeed, whoever aligns with divine purposes swims in a sea of contentment and tranquility, and he is truly fortunate

Whoever thinks of God, God thinks of him, filling his life with blessings and bestowing upon him the taste of the nectar of bliss

Let us pray to God that He may come into our souls

It awakens spiritual longings in our hearts

Indeed, divine union is a pleasure that surpasses all other pleasures

Blessed is he who is able to touch the cosmic heart

When the disciple is overcome with longing to unify his life

With supreme awareness

He feels the importance of escaping material constraints

Connecting with transparent and healing vibrations

And when his desire becomes more urgent

God opens a passage in his soul

He breathes in a heavenly fragrance

And through it, he glimpses of divine light

Cheap temptations lose their appeal

His soul feeds on perceptions of exquisite sweetness

And as he directs his senses towards the source of the sweetest fruits of gnosis

And the vivid perception of the most glorious presence

He lives in this world without being bound by it

His joy surpasses that of someone who has found a treasure trove of precious jewels

So who is determined to find out about his connection?

That living spring

It is in complete harmony with the purpose of life

Every effort he makes is met with countless blessings and support from God

He who never stops thinking and searching for the secret of secrets

He never loses sight of the desired goal

May God reward his efforts

He rewards him for his efforts

And he will be granted a clear victory

Magnetism: Its development, obstacles, and benefits

A person can develop the magnetism of their choice, whether to attract the supreme power of God, to acquire mental powers, or to attract the necessities of daily life

God has given humankind a body, and we must care for it Those who cultivate and use their physical magnetism solely for material possessions and mental strength will ultimately be deceived However, those who cultivate their spiritual magnetism will find that blessed power attending to their needs and fulfilling all their material desires

There is a universal law that works effectively, and I have experienced it in my life and confirmed that it works

It is essential for a person to have a strong, healthy body that responds to the mind's commands Imagine a sluggish, unmotivated person going to work without ambition or energy then imagine a horse ready to gallop on the racetrack as soon as it receives the signal to start That is how the body should be

Sometimes we notice some elderly people who are in good health and have the energy of youth Their bodies look youthful and full of magnetism, and despite their age, they have attractive personalities

Slouching and slouching drains energy Observe how people sit in their seats; some appear slumped and sleepy, so much so that the moment you see them, you feel tired Others sit upright, and you know they have a vibrant presence; the moment you look at them, you connect with them

Those who allow themselves to sit slouched and carelessly contribute to curvature and hunching of the spine due to poor posture This type of sitting also affects psychological state and fosters negative thinking Those who sit upright and with good posture are more positive and optimistic

Those who cannot – due to special circumstances – sit upright can compensate for this with their optimism, positive outlook, and strong mental presence

Always focus your mind on whatever you're doing, no matter how small or insignificant it may seem, while simultaneously keeping your mind flexible so you can shift to another interest if necessary But above all, do everything with complete concentration, as this will greatly enhance your charisma

Most successful businesspeople in any field know how to use magnetic power Self-control grants magnetic influence, as does possessing a balanced mind unaffected by emotions and impulses Emotional impulses must be transformed into strength—into mental activity—and wisdom must govern emotions for this magnetic power to manifest

Intelligence combined with emotion creates magnetism A person with magnetism speaks with confidence They speak rationally, but infuse their words with feeling We should be honest in everything we say and do, but honesty doesn't mean upsetting or embarrassing others

Vegetables and fruits possess magnetic properties, especially fruits, which do not hinder or impede digestion In contrast, excessive consumption of proteins and starches contributes to the accumulation of toxins in the body Any diseased organ will create an imbalance in the body The stomach, in particular, must be kept healthy and functioning properly; for example, gas in the stomach causes discomfort and thus negatively affects its magnetic properties

Consuming large quantities of food has undesirable consequences, while fasting can enhance one's charisma, as can occasionally skipping meals However, this doesn't mean starving oneself to the point of harming one's health Those who eat meat three times a day have weak eyesight and diminished charisma Nevertheless, proper nutrition alone is not enough; sound thinking, noble conduct, and upright conduct in life are also essential

Hoping to talk to you in the future about the effect of magnetism on others and about more of its secrets

And I see you blossoming in the garden of my love

I feel you deep within my thoughts

I feel your presence in my deepest feelings
And I see you blossoming in the garden of my love
Fill me with the fragrance of your presence
May I revel in your blessed fragrance
Come to me from beyond the sky and the stars
And thoughts and feelings
Show me your most holy face
Let me realize your presence in my soul
And those around me
Everywhere
I have searched for you throughout the ages and eras
On the paths of desires and ambitions
And now I realize that you dwell within me
And it inspires my most sacred feelings
Don't hide from me anymore
Behind the flowers of emotions
Thoughts and the pulse of the soul
Adorn my soul with the jewels of your wisdom
And grant me the breezes of Your bliss
Remove from me the darkness that has veiled you
Regarding my sight and my insight
O You who are beyond the stars and the blue sky
And beyond the layers of the atmosphere and all creatures and beings
Accept my whispers of love
Immerse my being in your love, your light, and your peace

That light and the treasures of eternity

The day will come when I bid farewell to this world, but as long as I remain on this earth, my greatest joy lies in speaking of God’s wonders to those who trust me, and my desire lies in multiplying their longing for that divine light that has given me indescribable comfort, freedom, and security

The history of the universe, in all its minute details, is preserved in the vaults of eternity That is another dimension Here in this limited world, we perceive length, width, thickness, and height, but there is another level where these dimensions do not exist Everything is transparent in that ethereal plane—everything is consciousness and awareness The sense of taste is a sensation, as is the sense of smell Our feelings, thoughts, and bodies are all consciousness And just as we can see, hear, smell, taste, and touch in dreams, so too can we experience all these sensations with pure, transparent consciousness or feeling in the higher realms This is precisely what I see right now as I speak at this moment I am not in this body; rather, I am part of all that exists And the things I see are as real to me as you are to me

One must awaken to see God everywhere and to know the difference between dream and reality I often see infinity in the place where I am, and I see that place in infinity Everything borrows life from that eternal source

As a child, I sat and prayed day and night, but there was no answer On one side, I saw humanity,

and on the other, eternity, which did not speak to me Though I thought I was alone and that everyone had abandoned me, God had not forsaken me, for He was always present with me in secret—behind my thoughts and feelings And when I began to see the light within me, my soul was mysteriously filled with the blessed divine fragrance

I could see the roots of the trees and the sap flowing through them, and I felt close to God, who comforted me and eased my heart I prayed and called upon Him repeatedly, day and night, and when things lost their luster and meaning for me, I renounced the world and all that it contains, including happiness, fearing that it might be merely material Then I found God, who is with me now, always

The world may abandon me, but God will never forsake me for a single moment God is everything This hall and the universe around it float like moving images on the screen of my consciousness I look and see nothing but the pure spirit, the transparent light, and the gentle awareness The image of my body, the images of your bodies, and all things in the world are emanations from that one divine light And when I see that light, I see nothing else

When you look at the screen, you see moving images, but when you look back (in a traditional cinema), you only see a beam of light shining onto the screen It sounds unbelievable, but it's true

I used to speak about these things, but now I don't speak to those who are indifferent or unconcerned But God has allowed me to speak to you this time so that you may know that there is nothing worth living for except God

Everything is fleeting Pray for that which remains and does not pass away

Here is a bouquet of love flowers
Our love for others is attainable
Thanks to your generous hand
On the strength of the feeling of love
Inspire us, then, to present to you
Our overwhelming love and burning longing!
You have given us fathers and mothers
Brothers and sisters
cousins
partner
Children and friends
Perhaps we will learn how to love you
With different expressions and subtle natural differences
For all types of human relationships
O eternally loving one,
O Most High Neighbor!
Teach me how to braid a bouquet
From all the flowers of human love
And I place it as an offering in your blessed temple
But if I am unable
From presenting the entire package to you
Due to the multiplicity and overlap of loyalties
I will pick one flower

One of the finest and freshest flowers
And I place it at your blessed threshold
I hope you will accept it from me!
Life's stings and sudden blows
O Lord of the universal law
Help me to bear my wounds and scars
Born of calamities and hardships
Decorations and medals of discipline
Granted to me by the hand of Your divine justice
He who does not know favoritism
Let my daily struggles act as an antidote to illusion and deception
And to rid me of false hopes for a false worldly happiness
If only the tears I shed because of the rudeness of others
Wash away the hidden stains and blemishes from my mind
And let every sharp blow of the pickaxe of disruption open
New depths of wisdom and understanding within me
I wish the darkness of this dense material existence would frighten me
So that I may hasten in search of the horizons of your purity and your healing light
Life's stings and sudden blows force me
So that I may cry out, pleading for your help
And to uncover the painful circumstances etched into the soil of my life

About the ever-flowing, abundant springs of your consolation

If only the ugliness of roughness were in others

It forces me to adorn myself with gentleness and kindness

And let the hurtful words of my companions remind me to use only sweet words

Even if evil minds throw stones at me

So let me respond with friendly missiles of good intentions

Like a jasmine tree scattering its fragrant blossoms

On the hand that brings the axe down on its trunk

Thus, let me scatter the rose petals of tolerance

To everyone who treats me with coldness and hostility

How to live in peace and tranquility in this world

This worldly life is not what it seems Do not place your trust in it, for it is fickle, deceptive, and full of disappointments and shattered hopes Perfection cannot be found here I do not wish to give you an unrealistic picture of life This world is not paradise It is a divine laboratory where God tests souls to see if they will overcome evil desires with goodness and make Him—that is, make God—their greatest desire, so that they may return to His kingdom

Life is teeming with all manner of tragedy and comedy, calamities and farces It is a vast, ever-changing, and multifaceted spectacle of countless forms No two things are exactly alike Every person's life is unique Each one has different features, a different mindset, and different desires

If we faced the same tests every day, we would grow bored and weary of life Even Paradise, if it were always the same, we wouldn't desire it We love variety and diversity If Paradise were monotonous, God's saints and holy men would have prayed to return to Earth to entertain themselves! Paradise is constantly renewed in the most delightful way, while Earth is often constantly renewed, but in a tedious and unpleasant manner

However, despite the fact that life is exhausting and arduous, most people grow accustomed to it, believing there is no other way to live Unable to compare this life to spiritual life, they fail to realize the extent of the pain and weariness hidden within the folds of this world

In reality, life is not real Just as old movies are re-released over and over again, so too do the same old events repeat themselves in different forms

Despite life continuing indefinitely, the same themes presented in past films are revisited one after another Indeed, history repeats itself, and people are mere artifacts in the museums of time

To fully embrace life's surprises, accept them objectively and impartially One must maintain balance in joys and sorrows, gains and losses,

victories and failures in order to face life's challenges with courage and self-confidence

Maintaining inner peace despite all events is the best way to overcome deceptive desires This is what I learned from the great figures who remained unaffected by the vicissitudes of time, steadfast and unchanging until the end Even the prophets, when persecuted, did not lose their sacred consciousness, nor did they allow anyone to steal God's love from them

Spiritual joy is itself a blessed protection and the greatest fortress of all In the midst of trials and tribulations, remember the blessings God has bestowed upon you

Your soul is a sacred temple of God The darkness of ignorance must not be allowed to defile that pure place How wonderful it is to be in the consciousness of the soul, honored, dignified, safe, and at peace! Fear nothing and hate no one

Give your love to everyone Feel God's love and see His presence in all people, and let your strongest desire be His constant presence in your heart This is the way to live in peace and tranquility in this world But it is difficult to taste this inner contentment as long as the fierce winds of desire rage in the oasis of the heart and violently shake its trees

Desires are shaped by a person's environment They are born from our sensory perceptions and limited by the limitations of those perceptions Attending a rural fair fulfills a desire for some excitement, but after visiting a world-class

exhibition and seeing all the different displays, the small fair loses its charm and appeal Thus, we must first experience the joy of communion with God so that we can compare that joy to lesser earthly pleasures Then, desires will be of a higher nature Desire is endless; no sooner is one fulfilled than another takes its place But when you find God, all your desires are fulfilled So why not first seek the fulfillment of that greatest desire and receive from God's generous hand the best and most lasting reward?

When God answers the seeker's prayer to know Him, all his other desires will be fulfilled immediately and forever

The gold of wisdom and the steel of strength

This world is far from perfect It is a school of trials and tribulations, and through these trials we learn life's lessons The purpose of trials is not to crush us, but to develop our strengths They are a consequence of the natural law of evolution and progress; it is essential for us to advance and ascend from the lowest to the highest levels

God tests us in every way to strengthen our resolve, not to break us Ignorance destroys us if we place all our trust in the flesh Those who persevere in their search for truth find eternal life

What is the purpose of suffering? So that we may never suffer again This world is a blazing furnace in which our souls are melted down until the gold of wisdom and the steel of strength and steadfastness emerge

Life often seems like a rough game and the only justification for that is that it is just a cosmic dream with no permanence

This is why the world is full of disparities and inequalities Some people are poor and some are rich

Some of them are healthy, some of them are sick and so on

Man has experienced much in the past and will experience much more in the future, but this fact should not frighten him

Life is a cosmic play, and God has assigned us roles that we must perform well, certain that as long as we act with contentment and think with clarity, we are in harmony with our Creator and have nothing to fear This is the great comfort that wisdom offers us

Sometimes it's easy to say that this universe is a dream, but when faced with harsh realities, it becomes difficult to think that this life is a dream It's essential to cultivate the power of our thinking so that we recognize that this universe originated from the mind and will of God

The relationship between mind and matter is profoundly transparent, and to successfully navigate life's trials, we must rejuvenate ourselves both physically and intellectually We must cultivate mental resilience and expand our capacity for acceptance Those who cannot withstand life's challenges will be helpless when the storms of adversity rage and the tempests of calamity rage

The key to happiness, strength, and health lies within us But what often happens is this: someone who has enjoyed good health for many years and then falls ill for six months may believe they will never recover The body must not be able to convince the mind of this The mind must convince the body The mind should not be swayed by the body's condition, and we must understand that the body is the dwelling place of the soul, and the soul should not be affected by it

God has given us the power to control our thoughts and bodies and to be free from pain and sorrow The mind is the source of all problems and the wellspring of happiness In truth, humankind is stronger than all its experiences, and even if we don't realize it now, we will later

Never say "I'm finished and done with it," because this is a negative thought that poisons the mind Some people think that if they walk a little they will get tired, or if they cannot eat certain foods they will be in pain and so on

We must not allow our minds to dwell on illness or limitations, and we will then find that our bodies change for the better Remember that the mind is the driving force behind the body If the mind is weak, the body will be weak We must not despair or grieve for the world is good, and God is always with us

My story with sweets and the exercise of willpower

I will tell you about an experience that happened to me when I was still a young child

To begin with, a child's will is called physiological, or physical; when a child cries, it is a signal that they want something They cry because of a physical condition, so the first form of will is physical

Then, when the child grows up and submits to the will of his mother, it is said that the child has an "automatic will" because the child's will at this stage is guided by the will of the mother

I remember that when I was in the stage of automatic will, I used to do everything my mother asked of me, and my nickname at that time was "the angel" But one day my nanny took me in the carriage to the shop, and there I saw pieces of orange-colored candy, and they caught my attention and attracted me in a strange way

I asked my nanny to buy me some, but she refused, so I didn't say a word and we went back home

I ate my dinner, and then I thought about dessert again, so I told my mother that I wanted some orange-colored sweets, and she said, "No go to your bed"

After a while, I repeated the request, saying, "Mom, I want orange candy pieces" My mother replied in a firm and decisive tone, "You will not have them, and you must go to sleep"

Then I shouted at the top of my voice, "I want my orange candy!" and I persisted in my request and remained insistent until my mother went and woke up the shopkeeper to bring me the candy pieces

And I felt incredibly happy Why? Because I used my will and succeeded! Yes, I felt amazing because I used my own will for the first time But the next day, my nickname changed from "angel" to "mischievous" because I exercised my freedom and chose my own path for once

Whenever I wanted something harmless, my family would comply, but I always listened to reason, and when I was wrong, I was always ready to correct myself But when I was right, I wouldn't budge, even if the rest of the family disagreed

Mothers should train their children's willpower and not crush it by denying them their desires simply because they are children If children want to exercise their willpower in a healthy and appropriate way, they shouldn't be labeled as naughty Their freedom shouldn't be restricted, and they should receive loving and understanding suggestions from their parents regarding their small desires If parents think they can save time by hitting their children, they will only waste time They should discuss matters with the child and then do nothing more Children need to experience a few small, firm slaps; this will help them learn more quickly

Parents often impose their will on their children A child's willpower should be nurtured, and they should be treated with love, understanding, and patience

Following the child's automatic willpower comes the "blind will" of youth This will is like a gun firing bullets into the air, producing nothing

but annoying pops Young people waste the dynamite of their will to no avail

Then comes the "explosive will," as when a child reaches adolescence, they unleash their will through impulsive desires and reckless behavior They often learn their lesson only after experiencing some painful shocks and blows

It is said that the bee is so enamored with the fragrance of the lotus that it remains in the heart of the flower for a long time, sucking nectar While doing so, the lotus petals close upon it, and it meets its death inside the lotus

Then there is the deer of the northern regions, intoxicated by the melodies of the flute When the hunter plays the flute, the deer comes to him and meets its deadly fate

There are also some domesticated elephants (female elephants) that are used to attract and hunt other elephants

In this context, a great philosopher said something to the effect of:

The bee is fascinated by the fragrance
And the deer makes a whistling sound
The elephant in captivity falls
Because of the arousing touch

But what about the human being who possesses all those senses? The philosopher's advice to him is:

"Do not be a slave to your senses, and do not let anything or anyone control you"

As for me, I say:

Remember that all your senses have been placed at your service and must listen to your commands and comply with your conscious will

Anger and the elephant's memory

Those seeking inner peace must understand how anger is generated and how it often leads to dire consequences Because of the inner imbalance caused by anger, many people have been transformed against their will into criminals and murderers

Obstructing desires blinds the mind When the fog of desires takes hold of a person's mind, he loses his senses and behaves in a manner unbecoming of a noble human being

Loss of reason confuses the innate discernment that is the driving force behind all sound action and good intention

When the steering wheel of the mental vehicle of human life breaks, he will inevitably have an accident and may find himself in a trench of pain and misery

For example: The husband is driving happily, and on the way to the park, his wife asks him to change direction to go to her parents' house instead of the park, and here his happiness turns into anger

I chose this example because it is a common occurrence In normal cases, the result is either the husband rejecting his wife's request or agreeing with resentment and displeasure, and this is what generally happens In both cases, anger takes

over, the atmosphere becomes tense, and the peace is disturbed

In some cases, anger can turn into a tragedy for those with a violent temper Anger may affect memory, or the driver may forget to drive carefully and attentively, or may neglect to observe traffic signals, resulting in a collision or, God forbid, death

In conclusion, anger locks the steering wheel of the will in the chariot of life and prevents it from reaching its material and spiritual goals

elephant memory

The faculty called "memory" is a gift from God to humankind, and what a great blessing it is! Memory is also granted to animals; without it, they would be unable to recognize their young Some animals possess excellent memories, as the following story about an elephant illustrates

While a huge elephant was transporting timber, as many trained elephants do in the East, a boy approached it, pricked it with a needle on its trunk, and ran away

A year passed since that incident, and the same elephant encountered the same boy This presented the elephant with a relatively opportune moment to exact its revenge It simply wrapped its trunk around the boy and violently flung him to the other side of the road So, animals do have memories

* * *

I have dreamt many dreams, and now I am awake On the altar of my soul, I kindle the fire of my constant remembrance of You, my God With

eyes that have forsaken the slumber of sleep, I gaze upon Your beautiful face and delight in beholding its sacred light

And by your grace I have come to realize that health, sickness, life, and death are all kinds of dreams

I have finished the novel of dreams painted in vibrant colors on the shimmering curtain of illusions

And now I see you as the only truth in existence

God showed me in that vision

All of nature is unreal What is beyond nature is the true essence

I was walking one day on the grounds of the sanctuary and watching the sunlight around me As I descended the stairs leading to the beach, I stopped and looked towards the electric lights of the stairs, which were still lit, but I could not distinguish them because the light of God came to me and overwhelmed me so that I could not differentiate between it and the other less bright lights

{Allah is the Light of the heavens and the earth}

{And the light shines in the darkness, and the darkness has not comprehended it}

I could never see the sun and then I knew that sunlight and electric lights are not real at all, while the true light is the light of God

In that great vision, God showed me worlds upon worlds—infinite manifestations of His divine

light—and I realized that the things I saw were merely expressions of His cosmic consciousness If we align ourselves with Him, we will walk in His light wherever we go and feel His presence wherever we turn

When we know the cosmic spirit and realize that we are, in essence, spirits, then the earth, the dust, the mountains, the sea, and the sky melt away, and nothing remains but God

And you see the mountains, thinking them to be motionless, while they pass by like the passing of clouds

The merging of everything into the divine self is a state that cannot be expressed in words a great bliss that is tasted with complete satisfaction of love, joy and knowledge (the joy of the believer in meeting his Lord)

Such spiritual ecstasy can be attained by creating the right balance between practical life and contemplation of God

Cleaning the psychological warehouse

Self-analysis is crucial along the way One might be hateful, irritable, or quick to anger If so, these traits stored in one's consciousness are a result of past actions

To clear the psychological repository of that cluttered, worn-out furniture, we must begin with positive, constructive actions and cultivate a sense of affection towards others The more we love people, the more they will love us, and we will feel their love But if we criticize them, even to

ourselves, they will sense that criticism and return it to us amplified!

Suppose an old enemy of yours has died, yet you still harbor resentment and hatred toward him You will suffer as a result of this bitterness, and its harmful effects will manifest in your body and mind It is better to forgive him for the sake of God, for in doing so you will free yourself from the evil desires of revenge that destroy your peace of mind and shatter your tranquility Heaping hatred upon hatred, or responding to animosity with hatred, not only intensifies your enemy's hostility toward you but also poisons your own body and emotions as a consequence [So forgive with a beautiful forgiveness]

(When I forgave and held no grudge against anyone)

I relieved myself of the worry of enmity

From time to time, a person must leave everything behind to be alone with themselves, in order to reflect on the purpose of life Most people are adrift in a current of traditions and fashions In reality, they have never truly lived their own lives, but rather the lives of the world What have they achieved, and where have they ended up?

Therefore, it is wise for a person to occasionally remove himself from daily preoccupations and "duties" in order to calm the turmoil of his mind and try to understand its essence and determine the goal he wants to achieve

Remember that the greatest testimony you can receive is that of your conscience: the unmistakable and infallible voice of your soul What your conscience tells you is who you truly are, without embellishment or disguise

Think of the power of Jesus Christ who said, “Father, forgive them, for they do not know how to do what they do not know”

Listening to the voice of your enlightened conscience will bring light to your path and blessing to your life When you feel a strong urge in your heart to fulfill a desire, use your discernment and ask yourself: "Is it a good or bad desire that I am seeking to fulfill?"

Many factors fuel human desires When someone sees a new model car, they want to own one like it When they see a new style house, they want to own one like it A new fashion trend becomes popular, and people yearn to buy and wear that style!

Where do desires come from? I spent many hours pondering this Can you categorize all your desires? I managed to sort through all my desires and kept only the good ones And when I attained divine union, I found that all my good desires were fulfilled at once Today a person desires one thing, and tomorrow their soul yearns for something else

The mind that emanated from Almighty God cannot be satisfied by the goods of this world God is the dearest and most precious treasure of the soul, and He alone is able to satisfy the longing of the heart and fulfill the desires of the soul

Access to the cosmic storehouse overflowing with goodness

God is the source and wellspring of all intellectual capacity, the maker of peace, and the storehouse of all prosperity and abundance To harmonize with the divine bounty that constantly overflows with goodness, we must eradicate from our souls, once and for all, the thoughts of want and need

The universal mind is complete and perfect, lacking nothing To access this cosmic storehouse overflowing with blessings of every kind, one must cultivate within oneself an awareness of abundance and always be optimistic, even if one doesn't know the source of the next lira, pound, dinar, or dollar!

Think of divine generosity as a refreshing, abundant rain, which you can receive in any vessel you hold! If you hold a cup, you will fill it; if the vessel is larger, you will fill that one too What kind of vessel are you using to receive this heavenly bounty? Your vessel may be flawed—perhaps riddled with psychological and intellectual holes In that case, you must mend it by ridding yourself of fear, hatred, doubt, and envy, and by washing and cleansing it with the waters of peace, tranquility, sincerity, and pure love, in preparation for receiving the abundant grace from the Generous One

Divine abundance operates according to the laws of service and giving Give first, then receive Give people your best, and you will receive the

best in return Don't expect success on every first attempt Some attempts may fail, but some will also succeed

Success and failure are intertwined One cannot exist without the other, and the most pressing problems or duties must be faced with focused activity and every effort must be made to achieve what needs to be achieved

Exert yourself with vigor and enthusiasm until you reach the final stretch There's no need to falter or retreat

If you can't find the path, it doesn't mean you should stop trying If you miss the goal, ask how to get there, but don't stop trying Many people admit failure as soon as they encounter difficulties Those who fail should consult with successful people, not with others who have failed like themselves Let's be determined to achieve success and let this principle be our philosophy of life

Hymn of Joy

When my time comes

Death deafens my ears

I will listen to the voice of my divine beloved

And when the last caller cuts off my breath

I will breathe in the fragrance of His divine presence

And when death silences my tongue

I will taste the nectar of his love

And when death blinds my sight

I will see His all-existent light

Crowned everywhere

And when death froze my blood and my touch

I will seek warmth in the bosom of my cosmic beloved
And when my eyes cease to see the floors
My vision beam will penetrate
He turns everything upside down and reveals its hidden secrets
And when my ears are no longer able to hear
I will listen to the whispers of all things past and present
And those that will happen in the coming days
And when my nose is unable to enjoy the scent of the earth
I will trace the secrets of the soul in every direction
When the tongue is unable to taste
I will remember all the good and blessed things I have tasted
And when my sense of this body fades
My cosmic body will sense
The secret, magical touch to everything here and there
I will feel the waves dancing on the surface of the sea
And with cosmic bubbles rushing into boundless space
The body's cells will perish
Its temporary restrictions will be resolved
But she will be resurrected alive in the flames of eternity
You will see joy and you will hear joy
You will taste joy and breathe in the fragrance of bliss

And you will feel a lasting, renewed joy

And she dances to the tunes of divine bliss

Let the senses abandon the dance of the ghouls for pain and death

And to transform into feelings of eternal ecstasy

In the kingdom of light, happiness, and joy

The path of life is as follows:

Obstacles to psychological growth include self-love, pride, greed, anger, hatred, envy, and other dark traits that lead or push a person into a deeper state of ignorance What is urgently needed is to follow the path that leads to freedom, because human desires are governed by habits that are constantly renewed and seem endless These habits imprison the soul and hold it captive, making it impossible for its possessor to walk the path of liberation and emancipation

The path of life is as follows: on one side lies the dark valley of ignorance, and on the other, the bright light of wisdom When we act according to wisdom, we tread safely on the path of liberation and obtain what we need

The entire universe is the creation of the divine will, and when we align ourselves with that blessed will, what we need comes to us effortlessly

I no longer wish for anything for myself because I know that what I think about will definitely come true

Possessing divine wisdom and divine love fulfills all the desires of the heart, and what an amazing and wondrous state it is that words

cannot describe When you realize that you are the master of yourself and your destiny the king of peace and tranquility, you fear nothing Rather, the whole world works to achieve what you want with the will and help of God

Since God created humankind in His image, those who find Him will find that He grants them every request and gives them what they desire But as long as humankind harbors even the slightest desire to dominate others or to display its power, it will not find freedom in God

Knowing God begins with humility, love, and spiritual joy True power comes with knowing God

If the small wave knew that the vast ocean behind it supported it, it could say, "I am one with the ocean" We must realize with certainty that God's ocean lies beyond our consciousness and is close to us, so there is no need for fear or anxiety

The divine nature is peace, humility, love, expansion of consciousness, and all-encompassing knowledge Whoever is in harmony with God will not need to prove to himself or to others the powers he possesses, because his soul knows that the all-powerful sustains him and that God watches over and protects him wherever and whenever he is

Those who know God are awake in their spiritual nature and asleep in their material nature They know that they can obtain anything from His grace

Thus, we must be honest with ourselves and strive for that self-sovereignty, trying to escape the

traps of the world and its deceptive temptations, and invest our time in thinking positively and usefully and planting seeds of goodness in the soil of this world, so that we may leave it better than we found it

Doors will open for us and paths will be paved before us

Life should revolve around altruistic service, for without this ideal, the consciousness God bestowed upon humanity will not reach its full potential When we serve others and forget our ego, we will experience the greater self—the divine spirit

Work is essential and a powerful motivator for human ingenuity and creativity However, if the sole purpose of work is to accumulate wealth, it loses its value and becomes meaningless

Work is service, and a product worth selling must be of quality and genuinely beneficial to others When we serve others, we help ourselves to the same extent, for they are an extension of us just as we are an extension of them

A mature person doesn't act without careful consideration When we give a service, we also receive a service, even if in a non-material way

Therefore, serving others by giving them financial, psychological, or moral assistance means obtaining psychological satisfaction in return

Every service we offer to our fellow human beings brings us one step closer to universal consciousness When a person shows genuine concern for others, their consciousness merges

with theirs, while unconditional love expands the boundaries of consciousness towards the threshold of cosmic awareness

If we think about the happiness of our brothers, our share of happiness will be abundant, and if we give our love to others, they will feel its strength and will change for the better

Blind attachment and unreasonable hatred are both harmful obstacles to reaching advanced stages of awareness We must learn to love everyone because we are all God's children

Everything we do should be done willingly, and we should be ambitious in our endeavors When a person possesses a sincere desire and high spirits to perform tasks with love and satisfaction, without weariness or boredom, cosmic energy flows continuously into their body, mind, and will

He who does not allow the idea of weakness and fatigue to seep into his consciousness makes room for charges of gentle energy and currents of vital activity to charge his nerves and refresh the cells and tissues of his body

When a person lacks the desire to do something, they feel tired from the start, but when they have the desire, their being overflows with energy and vitality Those who perform their duties with enthusiasm and contentment find that inexhaustible divine strength sustains and supports them

Some people are so engrossed in work that they have no time for introspection or enjoying life When we work while simultaneously keeping our

minds engaged with positive things, we feel a hidden strength supporting us and giving us more energy

If the heart is sincere and honest in performing duties, doors will open for us and paths will be paved before us

We ask God Almighty to bless us so that we may accomplish our work with joy and contentment in the factory of life

And may His wisdom inspire our thinking

And the waves of his power dance upon the rivers of our daily activities

Unable to see clearly like a slaughtered rooster!

In order to know how to make the right choice in any circumstance or situation, we must guide our judgment with the power of insight

We are all endowed with this sixth sense, but most people don't use it Instead, they rely on reports from the five lower and less reliable senses, because those five senses don't always provide us with definitive information that we can depend on to make the right decisions

In addition to their limited scope and power, the senses – and with them, the ego-bound mind – interpret things according to what it likes and dislikes, and not according to what is true and ultimately serves the best interests of man

Because a person bases his decisions on the reports provided by his senses and on the conclusions told to him by his mind, which is linked

to the senses, he often finds himself embroiled in unenviable situations

I hope the day will come when the whole world realizes the importance of turning inward for a while each day, seeking guidance and asking for God's help When a person does this, they become more balanced, calmer, and more discerning, as their insight opens, allowing them to see things clearly and make the right decisions They are also freed from restrictive habits, unruly desires, painful emotions, and personal attachments that drive them to act impulsively and without reflection

Discernment, like insight, is a quality of the soul that helps one know what to do when necessary Such spiritual qualities can be cultivated through sound reasoning and contemplation of God

When desires and emotions cloud one's judgment, insight becomes blind, both psychologically and spiritually When emotions overpower people, they suffer confusion and bewilderment, floundering and becoming incapable of seeing clearly, like a slaughtered rooster!

Emotions make a person biased in their opinions and view of others, and paralyze the ability to think clearly and deal with the situation wisely and rationally

When we learn to separate facts from our personal opinions, our judgment will no longer be so heavily influenced by our subjective desires If everyone learned this, the world would be a more understanding and peaceful place than it is now

Insight usually originates in the heart When the heart feels uneasy, it prompts a person to think something is wrong and to be cautious in dealing with certain people and situations If you feel apprehensive about something, or want to know which path to take, focus on your heart

Whenever worries overwhelm you and problems surround you, focus your thoughts on your heart and try to be aware of the feelings flowing from it Remain calm, and suddenly a profound feeling will wash over you, and God will show you, through your inner vision, the next step you should take at that moment

Changing the abnormal nature of brain cells

Ordinary spiritual healers or priests have no power to forgive sins or free sinners who come to them seeking advice, as all they can do is give them spiritual prescriptions, nothing more But those who know God have reached very advanced spiritual stages, so that they are not content with merely giving spiritual advice to sinners, but can - by the grace and help of God - fill them with the spiritual power that frees them from the consequences of their sinful deeds

All good and evil deeds are latent in brain cells and appear as good or evil habits or tendencies in thought

A person who suffers from unhealthy habits due to his brain cells being charged with the power of those habits can free himself through willpower, meditation, sincere prayer, and continuous positive affirmation until all his undesirable habits are

transformed into good habits of peace and tranquility

This happens when the rightly directed life force works to change the abnormal nature of brain cells so that those cells become full of everything that is good, righteous, and beautiful

This means that brain cells filled with false ideas are burned by vital activity when it is strongly gathered in the brain and used for noble and beneficial purposes

A person strongly attached to their physical body keeps their vital activity engaged with their muscles and senses, while someone with a contemplative, spiritual inclination keeps their muscles and body in a state of active relaxation, and their mind detached from the senses, so that the life force ceases to reside in the nervous system and concentrates in the brain For this reason, meditation is the most effective means of spiritualizing brain cells and eradicating the roots of any undesirable habit from the mind

Habit is power, and people misuse that power by committing evil deeds instead of employing it in good deeds

Ignorance, lack of deliberation, failure to choose good company, and neglect of good deeds often lead a person into the traps and snares of bad habits, which are like quicksand that swallows the person walking on it against his will

The influence of companionship is stronger than willpower and sound judgment:

[Do not befriend a mean person, for a mean person may corrupt one's character]

Wise people act nobly without effort, while those who love harm seem to be compelled to do harmful and hateful acts by the force of habit that compels them to commit sin and evil

We ask God Almighty to inspire us with good thoughts

So that we may see goodness and beauty

We distinguish between what is beneficial and what is harmful

And so that we may turn to him

And we hope for it

Source of all good

And the source of all goodness

"O mountain, no wind can shake you"

A balanced person remains calm and composed while performing their duties, regardless of whether they achieve success or failure Success and failure will inevitably occur at different times, according to the inherent duality of body, mind, and the world A person who constantly reminds themselves of their own nature is less susceptible to contradictions and less influenced by the illusions of the world

Those who wish to achieve inner balance must not allow themselves to be tainted by the dualistic consciousness inherent in the body Such a practice is undoubtedly difficult because the soul, when it sympathizes with the sensitive body, adopts both its good and bad qualities To be freed from attachment to the body's fluctuating states, one

must transcend the bodily consciousness, which is the source of all misery

Those who live at the mercy of circumstances rejoice in pleasures and delights and grieve over pain and hardships But those with growing insight remain calm and composed, unshaken by the disturbances and turmoil that are the very fabric of ordinary life [like a mountain unmoved by the wind]

A balanced person, even in times of sorrow and pain, maintains inner peace under both good and bad circumstances Furthermore, they possess the ability to empathize with others, understand their feelings, and help them without being overwhelmed by their own worries Thus, through their inner strength, they can comfort others and alleviate their grief And through their composure and balance, they teach others a valuable lesson in not succumbing to destructive emotional outbursts

The wise man sees the divine spirit in everyone, and as he is freed from selfish desires, he accepts with conviction and satisfaction all that comes to him from God to fulfill the needs of the body, mind, and soul He is freed from the constraints of the ego and does not feel hostility towards others, nor does he burden his looks and words with harmful vibrations that disturb people’s peace and tranquility, because he sees the divine spirit that he is looking for latent in everyone

When he reaches the ultimate goal, success and failure become the same to him, as his sense

of duality fades away as he finds the essence of universal unity

While he performs his work out of love for God and in service to humanity, he remains forever unattached

To achieve happiness

To achieve happiness, one must live a life governed by self-discipline Those who resolve to control their circumstances according to the higher laws of life will find that their circumstances automatically adapt accordingly The difficulties we face in this life serve to inspire us and motivate us to exert greater effort so that we may reach higher levels

If that is what you seek, then follow the paths that lead to it, and no one will be able to stop you from it or deprive you of it

God has given us reason, and we must ignite within it the lights of faith, optimism, and joy, and free it as much as possible from all distressing trials We must also cultivate willpower so that we control our circumstances instead of being controlled by them

It is essential to develop logical and sound plans for our lives so that we can accomplish all the good things we want to achieve and that we know we must do As we plan, strive, and work, let us remember that it is God, the Generous, who provides us with assistance and guides us to what is right In doing so, we will possess determination, patience, resilience, and clarity of vision

We wish you success and happiness wherever you are in God's vast earth
All of them are successive specters and images
Rose gardens
Valleys of Tears
And dewdrops clinging to tender buds
And the joys of childhood
and unbridled passions
And the overwhelming joys in their ebb and flow
And heavy sorrows on the hearts
And the candles of the sky flicker and disappear
And the mirage of infatuation lures us
From illusion to illusions
And desires with passion
And the stubborn octopus-like grip
And the cry of the newborn
The death rattle
And the joy of bubbling health
And fleeting moments
All of them are successive spectra and images
On the screen of consciousness
Lord, help me
In order to cultivate noble qualities and virtues within myself
And in order to train the soldiers of tranquility and self-control within myself
Be its divinely guided leader
In the decisive battle
Against ignorance and denial

And to raise your blessed banner and the articles

The banner of truth and the principles of righteousness and goodness

Fluttering above the monuments of my soul

And the regions of my life

* * *

Caution should prevail over fear Preventive measures should be taken, and every effort should be made to eliminate the causes of illness and free oneself from fear Germs are so abundant everywhere that if people were to become terrified of them, they would be unable to enjoy life Even with all the necessary health precautions, if a person could examine their home under a microscope, they would lose their appetite and desire to eat

Whatever you fear, turn your thoughts away from it Leave it to God and strengthen your trust in Him Much suffering is usually caused by anxiety Why suffer when illness hasn't even struck yet? Since most people's illnesses stem from fear, letting go of fear will instantly free them, and healing will be immediate Every night, before you sleep, affirm to yourself: "God is with me, and whoever has God with them has nothing to fear" Mentally surround yourself with the Spirit of God and His cosmic energies, believing that any germ that attacks you will be struck down Repeating "O God, the Almighty" or "O Lord, the Helper" with complete confidence will protect you, strengthen you, and make you feel comfortable and healthy

When you are in harmony with God, His truth will flow into you, and you will know that at your core, you are a spirit untouched by hardship and imperishable

Whenever you feel afraid, place your palm against your heart, rubbing it from left to right while saying: "O Lord, remove this fear from me and free my mind and thoughts from any distraction" Just as there are ways to get rid of radio interference, so too, if you constantly rub your heart from left to right, and if you constantly focus on the idea of banishing fear from your heart, the fear will disappear with God's help, and you will feel divine joy filling your entire being

Fear is always with man, and getting rid of it is possible by thinking about God and feeling His presence

Trust in God and be authentic in everything you do There are many imitators; don't add your name to their long list Master what you do and do it in a unique way that no one has done before The field is open for creativity as long as the desire is sincere and the will is there All of nature responds to you when you are in harmony with God

People often put themselves first, but we should think of others and help them to the best of our ability, wishing them well as we wish ourselves When we do this willingly and wholeheartedly, we feel our circle of empathy expand and the bonds of affection between us and others deepen and grow stronger

In an environment with a population of 1,000 people, if everyone behaved amicably, each person would have 999 friends But if everyone in that environment behaved as an enemy to others, each person would have 999 enemies

Moonlight and happy distant lands

When evening falls, blend your thoughts with the moonlight

Wash away your sorrows with its rays

I feel the wondrous light spreading gently over your body

And above the trees and the far-flung regions

Stand in the vast expanse and gaze with calm eyes

To the moon's beam and the magnificent views it reveals

Look at the veiled fringes of the glittering horizon

Let your contemplative thoughts transcend the boundaries of perspective

To the land of golden dreams

Shift your focus from the shapes shown by the moon's rays

To the distant stars and the far-off sky

The eternal stillness beyond the living ether

Where everything pulsates with love and life

Watch the moon's rays stretch out

Not only on Earth

Rather, in every corner of the infinite realms of your sublime mind

Reflect deeply so that you may reach the distant, happy lands

The dimensions of profound spiritual awareness

And the universe is seen as a silvery light

It has no limit and no end

* * *

Humans are bound by unhealthy habits, and these habits are constantly being nurtured while good habits die and perish

Unwelcome guests have taken the first place in a person’s life, while honored visitors receive nothing but neglect and disregard from him, and they turn away from his door humiliated and heartbroken

Good habits need to be nurtured by good deeds, and this is ensured by good company and inspiring writings, because the influence of the environment is stronger than the will

Human beings are driven by materialism, and the light of reason is constantly directed outward rather than inward People run here and there, but there is no place in the world that can protect them from themselves and their consciences; a moment of self-reflection is essential

If a person prays for success while their thoughts are simultaneously filled with thoughts of failure, chaos, and apathy, they are like someone who sends someone on a mission only to have them attacked by robbers on the way The robbers who steal a person's success are their bad habits A person sends their prayers to God unprotected, and the robbers of anxiety and worry attack them before they reach God Of course, God listens to

prayers because He is everywhere and all-knowing, but under certain circumstances, prayers are not answered Why are they sometimes not answered? The answer lies in the negative seeds lurking in the soil of the subconscious mind Those bad habits, formed in the distant and recent past, stand as a barrier between a person and God Positive thoughts must be planted in the soil of the soul so that they may sprout and grow under the right conditions and bear fruit One cannot rely solely on health, prosperity, and favorable circumstances, as these are fleeting and temporary It is wise to invest in the realm of the spirit

There are destructive forces at work constantly within a person's life and soul, stemming from past mistakes Therefore, one must remain vigilant and cautious in confronting and dealing with these powerful forces

Whoever prays for success while simultaneously thinking to themselves, "I don't think I will succeed," will not succeed Prayer must be offered with fervent faith and a humble heart so that divine light may shine and heavenly blessings may descend

Just as it's impossible to speak through a broken phone, so too is it impossible to effectively broadcast prayers through a mind burdened by worries, anxieties, discontent, and attachment to fleeting things Through profound tranquility and serene harmony with refined, constructive vibrations, the mind can be repaired and calibrated, its spiritual receptivity amplified,

enabling the efficient and effective transmission of heartfelt messages to God and the receipt of His blessed response

O Lord, with my hands clasped to my chest, I offer You my whole being, and I imbue my prayers with profound love Grant me the innocent love of children for You, and help me to feel Your nearness behind the words of my supplications Let me sense Your presence in all my feelings, and let me realize that Your wisdom sustains my understanding and that my life is a spark of Your light and a manifestation of Your universal life

They are usually the happiest people

True human happiness lies in a person's constant readiness to learn and to act in a proper and respectful manner The more one improves oneself, the more one contributes to the advancement and happiness of those around them

The primary cause of pain

The connection of the spiritual self to the body and mind, and its realization through them, is the root cause of all our pain, limitations, restrictions, shortcomings, and deficiencies Because of this connection, we experience excitement as much as pain and pleasure, to such an extent that we are incapable of experiencing divine bliss or awareness

Religion, in its essence, involves the permanent avoidance of pain and the attainment of pure bliss, or God

Just as the actual image of the sun cannot be clearly seen on the surface of turbulent water, so the true, blessed nature of the spiritual soul (the

reflection of the whole spirit) cannot be understood and its essence grasped by the waves of turmoil and anxiety emanating from the soul's identification with the fluctuating and changing states of the body and mind

Just as churned water distorts the true image of the sun, so too does a troubled mind distort the ever-joyful inner nature of the soul through that identification or association

It is stated in the books of Eastern wisdom:

"If you could rise above the body and realize that you are a soul, you would possess eternal bliss and be freed from all pain" {And say, "My Lord, increase me in knowledge"}

{And you will know the truth, and the truth will set you free}

Freedom comes from self-governance a good habit is the greatest friend

The most influential words of my teacher, Sri Yuktswarji, were three words he always repeated to me: “ Learn to behave ” I am truly unable to express my gratitude to him for that, knowing that it was not always easy to behave properly

When you must overcome something, you must understand why you must overcome it You must not only abandon it and distance yourself from it, but you must also eliminate thinking about it and banish it from your thoughts Negative thinking is a formidable enemy that must be conquered

If you shift your focus from sensory awareness to spiritual awareness, you will achieve victory and

bring happiness to yourself Achievements lie in the mind One must ask oneself: "Am I a slave to my senses or their master? Am I rich in peace or spiritually impoverished?"

One must not become a victim of excess Enjoy things, but do not allow them to enslave you Be free Be kind, friendly, cheerful, and joyful, and be your own master in all circumstances One should not be a slave to the senses alone, but should act according to sound convictions Whoever desires to transcend dualities and attain cosmic consciousness must possess self-control and train themselves to endure all things and all circumstances without psychological distress or unease

Doing whatever one pleases is not freedom, but rather an abuse of freedom Freedom comes from following the law of self-control, that is, self-discipline True freedom means doing everything guided by wisdom Freedom is meager and shallow without conformity to God and His laws

Most people's lives are governed by desires, passions, temperaments, habits, and environmental and social influences

When bodily habits begin to control the mind, it becomes difficult for the body to obey the will's commands This is why obese people struggle to lose weight, even when following a diet The conscious cells have formed their own habits and do not respond quickly to the mind's commands However, if properly trained, they will willingly comply with the mind's instructions without the

slightest contradiction of the higher mental powers —powers capable of controlling the body if properly trained and exercised

A good habit is your greatest friend, while a bad habit is an enemy in disguise Therefore, one should beware of repeating a habit or action, for repetition transforms an action into a habit before one even realizes it, and the habit becomes second nature However, it can be changed through consistent good deeds and positive, creative thinking

Signs of order and consistency everywhere

Early thinkers reasoned from their observation that every human being is a mixture of matter and mind, and as a result of this observation they believed in the existence of two independent forces: nature and mind

Then they began to wonder: "Why is everything in nature arranged in a certain way? Why is one of a person's arms not longer than the other? And why don't stars and planets collide in space? We see signs of order and consistency in the universe wherever we look"

From this premise, they concluded that mind and matter cannot be separate and at the same time have absolute sovereignty over each of them, since there must be one mind that controls everything

This conclusion naturally leads to the idea of one God who is the cause and origin of both matter and mind, existing through them and beyond them He who attains absolute wisdom understands that

everything is, in its essence, spirit, even though that spirit is veiled in appearance and hidden from sight

Those who possess spiritual knowledge see the light of God manifested everywhere

The question is: how were the researchers able to find it in the first place?

As a first step, they closed their eyes to eliminate direct contact with the world and matter, so that they could focus their attention completely on knowing the universal mind that lies behind both the world and matter

They intuitively understood that they could not perceive the divine presence in nature through the ordinary perceptions of the five senses Thus, they sought a way to sense its presence within themselves by focusing deeply and precisely upon it

Finally, they managed to close and shut off all the doors and avenues of the five senses, temporarily becoming completely independent of material consciousness Then the inner world of the spirit began to reveal itself to them and open up before them For those great individuals who tirelessly pursued their esoteric research, God finally revealed himself

Put God's power behind your efforts

Unleash your inner strength for constructive and beneficial purposes, and you will gain more Proceed with unwavering determination, utilizing every element of success Align yourself with the power of your creative spirit, and you will connect

with the infinite mind capable of inspiring you and solving all your problems Power will flow to you continuously from the mighty source of your spiritual being, enabling you to achieve remarkable accomplishments and innovations in every area of life

Before making any important decision, sit quietly and seek God's help and blessing Then you will realize that behind your strength lies God's strength, behind your mind lies God's mind, and behind your will lies God's will As long as God is working with you, your efforts will not be in vain, nor will you fail; rather, your strength will be multiplied and your abilities will increase And when you accomplish your tasks in service to God, you will receive His blessings

If your work in life is humble, do not apologize for it Be proud that you are fulfilling the duties God has entrusted to you He wants you to play your part to the best of your ability Not everyone can perform the same role that you do As long as you work to please God, all the forces of the universe will work in harmony for your happiness and well-being

When you affirm to God that you desire Him above all else, you will align yourself with His will And when you seek Him relentlessly, regardless of the obstacles that stand in your way, you are making the best use of your human will, and you are also employing the law of success known to the ancient sages and to all who have achieved true success

The sacred cosmic power is at your service as long as you make a genuine effort to use that blessed power to achieve health, happiness, and peace By achieving these noble goals, you will walk the path of self-knowledge toward your true home in God

Happiness is the measure of success

First, you must ensure that the goal you wish to achieve is worth striving for and that reaching it deserves to be considered a real success

What is success? If you possess health and wealth but have problems with everyone (and with yourself as well), your life is not successful The world becomes bleak and life fruitless if you don't find happiness When you lose money, you lose something small When you lose health, you lose something more important But when you lose peace and tranquility, you lose life's most precious treasures

Therefore, success should be measured by the standard of happiness, by the ability to align and harmonize with universal laws Success is not measured by worldly standards such as health, status, and power These things in themselves do not bring happiness unless used correctly For this to happen, one must possess wisdom and love for God and humanity

God has given you the power to reward or punish yourself by using or misusing your mind and will If you transgress the laws of health, prosperity, and wisdom, you will inevitably suffer from illness, poverty, and ignorance Therefore, you

must strengthen your mind and refuse to bear the accumulated psychological and moral burdens of past years Burn those worn-out heaps in the fire of your present blessed decisions and constructive activities, and you will reach the horizons of freedom

Happiness depends – to some extent – on external circumstances, but it primarily depends on one's state of mind To be happy, one must possess good health, a balanced mind, a prosperous life, suitable work, a grateful heart, and above all, wisdom and knowledge of God

A strong determination to be happy will help you immensely Don't expect your circumstances to change, mistakenly believing that your troubles lie elsewhere Don't let unhappiness become a deeply ingrained habit that is difficult to break, causing psychological pain to yourself and those around you

One of the greatest blessings for you and others is to be happy and optimistic If you possess happiness, you have attained everything Happiness means being in harmony with God, and meditation grants the ability to achieve happiness

Mind habits: Accelerating or delaying success

A person's habits have the power to accelerate or delay their success It is not fleeting inspirations or brilliant ideas, but rather a person's daily mental habits that determine the course of their life

Mental habits are like a mental magnet, attracting certain things, people, and circumstances Good mental habits enable you to

attract favorable and beneficial opportunities, while bad mental habits draw you closer to those with worldly tendencies and undesirable circumstances

You can neutralize bad habits and weaken their power by avoiding anything that might trigger or revive them, without constantly focusing on them Then, direct your thoughts toward a good habit and work on developing it consistently until it becomes an integral part of your life that you can trust and rely on

Within us, two opposing forces are in constant conflict: one that drives us to do what we shouldn't, and another that inspires us to do what we must, even if it seems more difficult The first voice is the voice of evil, the second the voice of good, or God

Through the hard daily lessons you will clearly see that bad habits feed the tree of endless material desires, while good habits feed the tree of lofty spiritual hopes and aspirations

You must focus your efforts more and more on the proper development of the blessed spiritual tree so that one day you may be able to reap the delicious, ripe fruits of self-knowledge

If you can free yourself from all kinds of bad habits, and if you can do all that is good and noble out of love for nobility and kindness and not because evil brings sadness and regret, then you will grow in spirit and advance on the path

You will be free when you willingly and deliberately abandon your bad habits You will only

be free when you become masters, able to command your feelings, thoughts, and will to do what must be done, even if it goes against your desires In that power of self-control and self-mastery lie the seeds of eternal freedom

I have mentioned several important characteristics of success so far: positive thinking, willpower, psychoanalysis, initiative, and self-discipline Many books emphasize one or more of these characteristics but fail to acknowledge the divine power underlying these factors Alignment with the divine will is the most crucial element in achieving success

Divine will is the force that moves the earth and everything on it, and the universe and everything in it It is God's will that propels the stars in space, and it is His will that keeps the planets in their orbits and regulates the cycles of birth, growth, and decay of all life forms

Embers of longing

Oh, Lord

May the embers of my longing burn eternally in your blessed presence

Pluck, my beloved God, the lotus of my love from the mire of earthly oblivion, and adorn with it the breast of your ever-vigilant memory

In the sanctuary of the heavens, I prostrate myself before You, my God

I heard your voice in the fragrance of roses

And I sensed your tenderness in the delicacy of lilies

And in the whisper of my longings, your love was the answer

I know that God can be known through contemplation and certain perception, but not through a confused and troubled mind

I will open my eyes to the bliss of contemplation and see that all darkness has vanished I will immerse myself in the pool of divine peace hidden behind the walls of meditation, and I will purify my inner being through contemplation so that it cannot be corrupted by opposing external influences And I will greet each day with contemplation of the Almighty

In the sanctuary of silence, I discover the altar of your peace

And on the altar of peace I find your ever-renewing joy

Let me hear your voice, Lord, in the cave of meditation, and I will then find eternal heavenly happiness within myself Peace will fill my heart and pervade my being, whether in stillness or during work

Every bright, twinkling star in the dome of the sky, and every pure, pristine thought,

Every noble deed and beautiful feat will be a window through which I gaze upon you, my beloved God

With complete mental focus and endless longing, I will send my consciousness through the spiritual eye (between the eyebrows) to the kingdom of eternity

I will free my soul from the captivity of the body and blend it with the greater sea of the spirit

The necessity of psychoanalysis

Another secret to success is psychoanalysis Introspection is a mirror in which you can see the hidden depths of your mind that would otherwise remain concealed from you

Identify your points of failure and sort out your good and bad tendencies and inclinations

Use self-analysis to understand where you are now, what you want to achieve, and what obstacles stand in your way Define your actual work and understand your purpose in life

Strive to cultivate all the qualities of a genuine and noble character, unburdened by whims and desires By keeping your mind aligned and in harmony with God, you will progress swiftly, safely, and confidently on the path toward your desired goal Your ultimate aim is to find your way to God But there are also duties and responsibilities to fulfill in this world

On this earth we appear as strangers, and only when we love God do we become brothers and sisters

Willpower coupled with initiative will help you define your commitments and fulfill them to the fullest What is initiative? It is a creative ability within you: a spark from the infinite Creator that can give you the power to create something no one else has ever created before It motivates you to do things in new and creative ways The achievements of an initiative-minded person can be as dazzling

and astonishing as a shooting star By creating something seemingly from nothing, they demonstrate that what appears impossible is indeed possible when humankind harnesses the power of the supreme creative spirit Initiative and innovation enable you to stand on your own two feet, free and independent, and are among the hallmarks of success

Success Ideas Alert

Suppose you have failed so far, it is foolish to stop fighting and consider failure as fate

It is better to die fighting than to stop making an effort as long as one can accomplish more, because one’s efforts will continue into a new life even after death

Success and failure are the just consequences of what you have done in the past, as well as what you are doing now Therefore, you must nurture thoughts of success from past experiences and energize them so that you can control thoughts of failure in your present life

The difficulties and troubles faced by a successful person may be greater than those faced by an unsuccessful person However, the former trained themselves to reject the idea of failure completely and consistently

You must shift your mind from frustration and despair to triumph and victory; from worry to tranquility; from intellectual confusion and anxiety to mental focus; from chaos and turmoil to peace; and from peace to sacred spiritual bliss When you possess this self-knowledge, the purpose of your

life will have been crowned with success and gloriously achieved, with God's help

Power of thought

You demonstrate success or failure according to the quality and nature of your usual thinking

Which is more powerful in your life: thoughts of success or thoughts of failure?

If your thinking is mostly negative, occasional positive thoughts won't be enough to attract success But if you think honestly, you will find what you're looking for and reach your goal, even if you feel surrounded by darkness

You alone are responsible for yourself No one else will give an answer or settle an account for you on the Day of Judgment Your work in the world, where your actions have placed you (the results of your past deeds), can only be done by one person: you And your work is considered successful only when it serves your fellow human being in some way

Don't dwell on any problem or keep thinking about it Let things rest for a while, and they may resolve themselves But don't let them rest so long that you lose your ability to discern Instead, use these periods of rest to deepen your reflection and reach tranquil horizons within yourself When you are in harmony with yourself, you will be able to think clearly about everything you do Even if your thoughts wander, you will be able to gather them and realign them This blessed ability to be in harmony can be acquired through effort and practice

Mother, according to the teacher Paramhansa

A lecture he gave on Mother's Day

Let us carry this day as a good thought for all the good mothers who have nurtured their children with kindness and affection

A mother's love was not given to us to spoil us with leniency and indifference, but to inspire tenderness in our hearts so that we might soften the hearts of others with kindness and free weary souls from the worries and constraints of the world Those drowning in tragedy and sorrow, suffering from numerous misfortunes and hardships, are in need of our gentle understanding and compassionate empathy

I received my spiritual enlightenment through my great love for my mother; my sincere love for my mother was the primary reason for my growing love for God, as that love motivated me to search for its pure source, and I found it in God, the source of all goodness and virtue

A mother is more tender and forgiving than a father A mother is the purest example of God's unconditional love God created mothers to express His love for us, with or without reason

I consider woman to be the human manifestation of universal motherhood, and what I admire most about her is her genuine maternal love Those who perceive spiritual beauty and sublime meaning in woman are awakened by noble feelings and find themselves opened to vast realms of inspiration Universal love permeates the heart of anyone who regards woman with

appreciation and respect and treats her with kindness and honor

If God had not instilled His love in the hearts of mothers, they would not have been able to love their children However, credit is also due to the means by which that love flows All great people have shown their mothers a great love

The home is filled with light, joy, and blessings because of the mother's presence Let us always keep the flame of a mother's love burning brightly in our hearts

And greetings to all the virtuous mothers in the world

And to all those who treat them with kindness

In honor of them and in recognition of their merit

Whispers of the Depths

Master Paramhansa Yogananda

Translation: Mahmoud Masoud

I have lingered long in the bed of Your creation, past, present, and future, and I—the child of eternity—felt anxious and disturbed I struggled time and again, but in vain, until finally I succeeded in leaping from the bed surrounded by the barriers of deceptive relativity You took me in Your hands and cradled me with the melodies of eternal peace I am the child of eternity—Your eternity—and I rest my head upon the bosom of Your all-encompassing being

Don't worry, my son

In a difficult moment, I heard your voice say: "The sun of my protection shines equally on your brightest and darkest hours"

Do not worry, my son, but have faith and smile! For sadness is an injustice to the blessed nature of the soul Let my healing light shine through your radiant smiles Your happiness, my son, brings me joy and contentment

Have fun with you

In countless lifetimes, I have played with you and sung innumerable melodies I still remember your warm embrace whenever I returned home—to you—after centuries of absence, a shiver of parting washing over me And here I am again, in your eternal presence, playing and laughing with you, singing to you the songs of my everlasting love

Not against my will, O Death

I will not be forcibly dragged from the earth against my will like a runaway child pulled from his peers I love God, and He loves me; and when I depart for the final time, I will have completed this role on the stage of time—this act that God intended me to play as the continuation of His cosmic drama In performing my part in the drama of life, I will smile and I will weep: joyful at the fulfillment of wishes and anguished at the shattering of hopes But upon completing my role, however arduous and exhausting, I will leave the earthly stage with a smiling heart I will rest for a

time in the embrace of the cosmic mother, basking in her bliss, and then I will return to earth, no longer drawn by old desires carelessly planted in the garden of deceit, but rather in response to her gentle and kind request

Loving Lotus

My mind's bee is engrossed in the lotus of Your loving heart, O Lord, from which I sip the nectar of Your tender love This spiritual bee of mine gathers only the flowers that exude Your sweet fragrance I deprived myself of the honey of sensual pleasures and flew far above the barren gardens of imagination until I finally found the lotus of Your sacred light I was Your bee wandering in the fields of incarnations, drawn by the scents of flowers to countless experiences But now I have ceased my wandering, for Your blessed fragrance has quenched my soul's thirst and satisfied my burning longing for any perfume or sweet scent

The forest of deception is ablaze

I felt lonely and depressed in the forest of illusion and deceit, so I lit bundles of self-discipline, but the fire burned slowly and without flame I prayed from the depths of my heart, and You came to me, O Lord, and ignited some of my weaknesses, and the flames spread quickly through the dry brush and thickets of error Then they reached the thorny bushes of desires and touched the towering trees of pride and arrogance The tongues of Your light consumed the vast

jungles of my ignorance and reduced them to ashes I thank You, O Divine Burner! And may Your servants turn to You in supplication and prayer for immediate help and swift healing

Your authentic song

To hear you, Guardian Angel, I have tuned the radio of my inner vision with the gentle touches of love Often in meditation, I have listened to the sweetest melodies of your saints who are close to you: to sublime spiritual symphonies, to compositions born of my heart, and to the melodious song of my ancient longing for you With patience and composure, I have tuned the instrument of my deepest feelings, and when drowsiness weighed down my eyelids and I was about to succumb to sleep, your authentic song flowed through me And now I broadcast the ecstatic echoes of your joyful melodies and add my voice to the choir of your devotees, so that the hymns may grow ever more fervent and the longing and yearning may intensify

I will swim in the sea of souls

In union with You, All-Encompassing Spirit, I will become the very pulse of cosmic life I will float in the sea of souls I will dance upon the waves of sacred human emotion and shower all with blessed joy From the heavenly Himalayas, I will unleash a universal torrent of lofty aspirations I will be every tear shed in compassion for others I will be present

in the golden silence of saints and the blossoming hopes of rosy minds O faithful Fulfiller of Wishes!

When my eternal spark mingles with your infinite light, I will flash in every eye

Peace be upon you

New whispers and insights

In the summer days of life
I gather the nectar of emotion
From the flowers of sweet virtues
Growing in the gardens of good souls
And I stored in my heart the distilled essence
From the lofty blossoms of tolerance
And the buds of humility with their soft fragrance
And the rare blossoms of tender lotus ideas
And when the snows of cold winter experiences fall around me
And the painful earthly separation
I seek warmth and solace
In the nectar stored in the cell of my heart
In that blessed cell, in your presence
I often find the divine bee
Sip the sweetness of my aged longings
I feel reassured, joyful, and comforted
I will be waterfalls of bliss
My joy resounds in a continuous flow
Where the mighty torrent sweeps away
The heavy burdens of others' sorrows and worries
I will rush at an incredible speed

Over endless spaces
From suffering souls
To dispel her fears
And I will eliminate her troubles
I will be a flash of lightning
In the darkest night
To look great
Your beauty, hidden since ancient times
Behind the darkness of unseeing eyes
I will be the radiant moonbeams
Banishing gloom from the face of the earth
I will be rays of light
The dispeller of hidden darkness
In the corners of human thought
By Your grace, O Lord
Silashy, the sudden brilliance of wisdom
Mistakes accumulated over ages and eras
The satisfaction that love generates in the soul does not lie in the feeling itself
But rather in the joy that that feeling brings
Because love brings joy
We love love because it gives us immense happiness
Love is not the goal; happiness is the goal
God is eternal and ever-renewing bliss
And so is the nature of the soul, for this reason the mystics sang
Those who have experienced this truth and tasted that spiritual joy:
"From joy we came, in joy we live and our being floats"

And to cosmic joy we shall return, to melt in that bliss one day"

All noble feelings such as love and compassion

Courage, sacrifice, and humility are meaningless without joy

Joy means elation, and it is a manifestation of supreme happiness

Or the greatest satisfaction

{And your Lord will surely give you, and you will be satisfied} {Rejoice and be glad}

Although joy may arise as a result of certain external circumstances

But in its pure essence, it is not bound by conditions

It often appears without material conditions

Sometimes you might wake up in the morning

You feel like you're about to fly with joy

And when you sit in the tranquility of meditation, joy pulsates within you

Without any external alarm waking him up

It is a joy of the soul that is unparalleled

But when joy is linked to certain circumstances

It does not arise from those same circumstances

In fact, those circumstances served as a means of experiencing joy

What was originally hidden in the soul, I dug like a pickaxe into the soil of the soul

And a fountain of joy was released from the reservoir of happiness hidden within man

Therefore, in human experience, the need usually arises

To some events to bring out that hidden joy deep inside

Love is also of the nature of the soul, but it is dependent on joy

There is no love without joy

Can one think of love without joy? Certainly not

When we talk about the pain that unrequited love brings

We are talking about a longing that has not been fulfilled

But the actual experience of love is always accompanied by joy

My mind is a bee, it flies

To the secluded garden of my heart

The one who is swayed by the breeze of my love

Adorned with pearls of dew, your sweetness

I have grown wonderful lilies for you

From spiritual discrimination

and yellow daffodils

To absorb the tears of my repentance

And delicate violets, dreamy of humility

And my heart is wide open to the perceptions of the soul

To you I offer the trees of my thoughts

Delicious fruits of fragrant supplications

With humble hands made of tender, dewy branches

And in the garden of my heart

My thoughts are like a bee buzzing around me

Intoxicated amidst the pure nectar offerings for you

The whole world has forgotten the true meaning of the word "love"

Love has been misused and its heart torn apart by so many people that only a handful of people know the meaning of love anymore

Just as oil is found in every part of an olive, so love permeates every corner of creation But love is very difficult to define, for the same reason that words cannot describe the taste of an orange; one must taste the fruit to know its flavor The same applies to love

You have all experienced love in some way in your hearts, and therefore you have an idea of its nature But people as a whole do not know how to cultivate, purify, and expand love to reach divine love

There is a spark of divine love present in most hearts at the beginning of life, but it is usually lost because a person does not know how to nurture it

Most people believe there is no need to analyze the nature of love They know love as a feeling they experience towards their relatives, friends, and others to whom they are strongly attracted But love is much more than that

The only way I can describe true love is by describing its effect If only a person could feel even a speck of divine love

He was overwhelmed by a flood of joy that exceeded his ability to contain it

We must be strong in doing good and trying to help others A person who only cares about himself and his family will not find much happiness, and if he does not think about someone else who may be suffering, he deprives himself of the joy that is generated in the soul by extending a helping hand to those in need As a result, his vessel of happiness will remain small and its contents incomplete

Money, for me, means one thing: to use it to do good and help others

Those who are sincere, honest, and willing to befriend you out of respect for you and not for any other purpose are few in this world

These loyal friends are the joy of the world, and true friendship is greater than any wealth in this world

The one who is sincere in their dealings with people will find God And the one who possesses love in their heart will truly know others, just as one sees through a clear glass and perceives what is inside This kind of knowledge of others comes from loving God and loving others with that same love

Millions of people are captivated by the wonders of the subconscious mind that unfold during sleep But in a higher state, you can see or know what you desire not through imagination, but through reality

I can sit in this chair and turn my mind to anywhere and see exactly what is happening in that place

Sometimes disciples live in the subconscious, and sometimes they ascend to higher consciousness And there is a select few who are able to transcend higher consciousness and attain cosmic consciousness: the realm of the divine spirit, which has no origin or cause

In a state of pure spiritual awareness, the seeker has no need to imagine things beforehand in order to experience them When they unite with cosmic consciousness, their awareness expands and merges with every atom of existence, and they become consciously aware of the entire universe and all beings This experience is an extension of consciousness without end

Whoever experiences that consciousness feels that it exists in the fibers of grass and on the mountain peaks, and feels every cell of his body and every atom of space

Do you think you are a small body, when within you the greater world is contained?!

But cosmic consciousness lies beyond that as well When the seeker can sense their presence in all of existence, they experience infinite bliss and the greatest divine love

{And with your love my senses are engaged, just as with your beauty all my beings are filled}

It unites with the omnipresence of divine consciousness

So have good expectations of God and hope for His favor Do not despair of reaching your goal!

A person cannot be with God simply by thinking that he has attained spiritual enlightenment

Self-improvement and moral refinement are essential requirements for reaching higher states

There is a vast difference between knowing God in a possible way and knowing God in a true way It is only possible to know Him through humility, wisdom, sincerity, virtuous character, and heartfelt longing

The humble person is the one who recognizes God and is recognized by God

Those who delve deeply into cosmic consciousness naturally develop extraordinary spiritual abilities and control over natural forces However, no one who attains true divine consciousness uses their powers for boasting and showing off, without wisdom or prudence

Wise people realize that God is the sole agent in existence and humbly return to Him the extraordinary gifts with which He has favored them

Isn't everything in existence a miracle? And isn't man, just by virtue of his existence, also a miracle?

If human beings are not satisfied with all the wonders that God has created, why should saints perform more miracles?

The righteous saints of God do not do anything unless God asks them to do it, and sometimes for reasons that are obscure and difficult to understand

I will illustrate with an example how higher consciousness differs from subconscious consciousness

Higher consciousness is that state in which you can – while awake and asleep and fully conscious – induce any sensation in the body by will and without any external stimulus

In the realm of unconscious imagination (in the world of dreams), you can drink a cup of hot milk

But this test is imposed upon you In higher consciousness, however, you can experience the same thing or anything else consciously and deliberately

The road may seem long, but a journey of a thousand miles begins with a single step And as long as one remains optimistic, no obstacle can prevent the desired goal from being achieved

I still remember past lives
That is where I searched for you
And I remember the many nights
Adorned with twinkling stars
And dawn views
The one with the dewy innocence
And the harmonious twilight hours
With the rhythm of the flock's bells
And the many jeweled years
With the flowers and blossoms of spring
summer breezes
transparent raincoats
Diamond ice clusters
In winter

Ah, how many times I waited for your arrival
With a heart dancing with joy
My soul almost flies with longing for you!
Every night, during our peaceful and restful sleep, we enjoy tasting peace and joy
When we fall into a deep sleep, God makes us live in a sublime, tranquil consciousness, in which we forget all the fears and worries of this existence
In meditation we can experience that blessed psychological state even during waking hours, and taste peace from other levels
When divine joy descends, my breathing becomes calm, and my spirit soars, experiencing the bliss of a thousand sleeps at once, yet I do not lose my ordinary senses This cosmic experience is reserved for those who delve deeply into attaining the highest state of consciousness
When one’s being is filled with the overwhelming ecstasy of God, the body becomes completely still, the breath stops flowing, thoughts become calm, and even gradually fade away The meditator feels the reality of his soul and his closeness to the Creator, so he drinks from divine bliss and tastes the ecstasy of joy that a thousand doses of wine cannot provide
The average person feels drowsy at the boundary between wakefulness and sleep, experiencing a brief sense of well-being, but this feeling quickly fades as they drift into a deep sleep Sleep is not a complete loss of consciousness because, while awake, you know whether your sleep was restful or not

There are many states of sleep—some light, some deep But the spiritual experiences a person has with God in a conscious state are more exhilarating and refreshing than the greatest bliss of sleep or slumber (the drowsiness or sleep that precedes falling asleep)

(Even if you are not as much to me as my hearing and sight)

My eyes saw nothing, and my ears heard nothing

For you are sweeter to my eyelids than sleep

And sweeter to my heart than security

Beyond the mysteries and mysteries of sleep lie these sacred joys

We can't please everyone because that's impossible I try not to upset anyone I do my best

That's all I can do

We must seek God's pleasure first My sole aim is to please God I use my hands to humbly pray before Him, my feet to seek Him everywhere, and my mind to think of Him and contemplate His wonders

God must occupy first place in our hearts so that we can feel Him as peace, love, understanding, kindness, compassion, and wisdom

This, and nothing else, is what I have come to witness and speak about In addition to reflection, one should maintain good company

We should not run after people, but after God

If you find these ideas beneficial, consider them a blessing from God, for all credit goes to Him

Tell others about it; perhaps they will find in it what you find We must not forget to offer help to those in need every day, to the best of our ability As long as I have money in my pocket, I will not stop giving, for my inexhaustible and unfailing source is God

We must know God as the great ones did This is possible through contemplation and personal effort

Once I was walking outside the hermitage thinking about my great teacher, Sri Yuktiswar, who had passed away a few years before

I felt an overwhelming longing for him and was sad that he was not with me to enjoy the beauty and atmosphere of the hermitage, and suddenly he appeared to me from the sky and said:

"Do you think you're the only one enjoying this beautiful place? I'm enjoying it just like you!"

The seeker who desires union with God must strive through the daily practice of meditation and love for Him

And love everyone with that love

This is the only way to avoid wars Spiritual cooperation is essential, for without true spirituality there is no individual or universal happiness Sacred harmony is the only solution to all physical, financial, marital, moral, and spiritual problems

Happiness comes from feeling close to God Humanity has imprisoned itself behind the bars of ignorance, and it is time to break free from this humiliating prison The mind must always be directed towards God, whatever the circumstances

Then you will feel great peace and joy

Those who yearn for God, dedicate their being to Him, encourage and enlighten one another, and constantly remember God are the happy ones in this world and the winners of the bliss of the Hereafter

Everything in existence is a wave-like vibration directed by the mind of God This intelligent vibration is the Holy Spirit, or the faithful Spirit, with whom one can communicate through prayer and meditation

In the stillness of your soul and in the grove of your mental focus, there is no end to the tale of love with the infinite absolute

But it is difficult to obtain God if we pursue money first

We must make God an integral part of our lives, and then we will have everything we need in this life

Whoever makes a permanent place for God in his heart, God will make his share abundant of the good things of the earth and the heavens, and open before him wide horizons in which the suns of wisdom shine, illuminating his paths and dispelling the darkness around him

God is the eternal lover, and there is no happiness for man except when he loves God as he loves - at least - his dearest people, because without God we would not know the nature of love nor taste its flavor

We must learn to use our will and focus our minds in order to seek God with all our hearts

Human actions are dictated by desires, and those habits always force him to do what he does not want to do

Truly, man is his own worst enemy, though he doesn't realize it He doesn't know how to sit still or dedicate time to God, yet he expects to attain happiness and guarantee his immediate entry into Paradise!

Holy experience cannot be obtained simply by reading books or listening to sermons

Or simply doing good deeds These are all helpful, no doubt, but they are not enough Connecting with God requires careful focus and deep reflection

Life is a big dream

Imagine! Decades from now, our existence will be a dream, and everything we do now will be part of that dream

Even the greatest figures of humanity have become mere figments of human consciousness But those great figures attained their ultimate goal because they reached the highest level and remain alive in spirit, with a vivid and conscious awareness of all that is happening, for they are united in divine consciousness

Anyone who tries to harmonize with them through their ideas and teachings will inevitably feel their presence, attract their blessings, and know deep down that they are in actual contact with them

Life is a grand dream Yet, when a person looks at their own body and finds it vibrant with life, they

develop a firm conviction in the reality of this dream They believe they must acquire this or that thing to be happy

But no matter how many desires he fulfills, he will not find happiness through them The more one acquires, the more one desires Desires must be refined, and life simplified if one wishes to live in comfort, tranquility, and inner contentment

The scriptures say that the person whose desires always flow inward (towards their soul) is a person of high inner peace In this, they are like the sea, which never changes or diminishes, but remains full of water that flows into it ceaselessly But the person who creates holes of desire in the reservoir of their peace and allows the vital waters to leak and be wasted knows nothing of spiritual peace and inner happiness

We need guidance from those who know God, who have the ability to communicate with Him and consciously feel His presence

The prophets have asked us to seek God in inner peace

In the solitude of the soul, where the faithful spirit and supreme spiritual joy reside

The enlightened also support these ideas

They emphasize the importance of deep contemplation

To realize the higher self in the depths of the soul

I don't want people to think they can acquire knowledge simply by listening to others or reading books They must apply what they read and hear

Going to places of worship is better than engaging in pointless chatter

But even in places of worship, one must touch and feel the presence of God in one's heart

Emotional outbursts and rational analyses cannot give us the divine knowledge that our souls yearn to acquire

When we surrender ourselves to God and bid farewell to selfish desires and when we are certain that God is always with us

It dwells in our souls and inspires us with good and noble thoughts and feelings We will possess happiness and freedom, and we will witness the sunrise of wisdom on the horizon of the soul

The mouse that became a tiger

As narrated by the sage Paramhansa Yogananda

Long ago, deep in a forest, there lived a hermitage inhabited by a holy man who knew God This blessed man possessed great wisdom and supernatural powers, and no one lived near him except for a small, tame mouse

Many disciples and others who wished to see the saint dared to visit him, despite the presence of ferocious tigers and other wild beasts, drawn by their love for him They would bring flowers and fruit as offerings All who visited the saint were amazed by the close bond between him and the mouse, and they would throw some crumbs to the saint's tame mouse

One day, while a group of disciples were visiting their teacher in his secluded retreat, a cat

chased a mouse that came crying out to the wise man's feet, seeking protection At that moment, before the astonished eyes of the disciples, the saint transformed the terrified mouse into a large, fierce cat! By some miracle, the mouse now strutted and roamed freely among the cats, unharmed He was overjoyed by this transformation, and the only thing that disturbed his peace was the whispering of the disciples, who winked and pointed at him, calling him a cat descended from a mouse

Some time later, the same disciples went to visit their teacher again, and a pack of wolves was chasing the cat-mouse, who meowed loudly, begging for protection at the saint's feet The saint told him, "Become a wolf" Immediately, the astonished disciples saw the cat-mouse transformed into a wolf before their very eyes The wolves were also amazed by this instant transformation of their prey, but they were disappointed and went back hungry Finally, the wolf-mouse roamed freely with the other wolves, eating with them and looking down on the smaller animals

On another occasion, the same students who had witnessed the two previous miracles were studying with their teacher Midway through the lesson, they were startled to see a huge Bengal tiger chasing the wolf-mouse, who, as usual, was running at full speed to the teacher's feet seeking protection The teacher, once again using his miraculous powers, stopped the tiger in its tracks

and addressed his tame wolf, saying, "My dear mouse, it is foolish of me to continue protecting you from your enemies From this moment on, I want you to become a tiger" As soon as the students calmed down, they began laughing and saying to one another, "Good heavens! Look at the saint's fierce tiger! It's just a mouse that the saint has transformed into a tiger!"

As time passed, visitors to the hermitage realized that the fearsome tiger that guarded the place was actually just a small mouse that the teacher had elevated to the status of a tiger The older students would reassure the newcomers to the hermitage, telling them: "Don't be afraid of the tiger, it is not really a tiger, but a mouse that the teacher gave the image of a tiger"

This bullying mouse finally grew tired of the public humiliation and thought to himself: "Ah, if I could kill the saint himself, I would then be rid of the cause of my misery"

As soon as that idea crossed his mind, he pounced on the wise man, intending to kill him But the wise man was lying in wait for him, as he had been following his thought process and knew his intentions, so he immediately knew what was going through the mind of his disobedient tiger, and he shouted at him, saying: "Return as you were"

And that's what happened, as in the blink of an eye the arrogant tiger was once again transformed into a terrified mouse!

Everyone wants more money than the other person And when they get it, they remain dissatisfied because they discover that someone else is richer than them

People live in a spiral of misery of their own making and the creation of their own desires

We must be content with what we have because material things do not bring happiness, but often multiply a person's worries and increase his anxiety and apprehension

The path to God is the simplest and easiest path, yet few walk it despite the many religious rituals and formalities

It is better to turn our hearts to God and ask Him for what is best and most lasting for us

In truth, God is waiting for us because He wants to keep us away from evil and danger He wants us with Him in our hearts and minds because the cheap goods of this world cannot satisfy human longing or fill the spiritual void

What he feels deep down

God speaks to us constantly, but few hear His voice

That quiet voice is often drowned out by the clamor of noisy thoughts and blatant desires

But when thoughts subside and desires calm down, we hear the voice of God clearly, even though it is silent and faint

Truly, God does everything to help humanity; He opens doors for them and illuminates their paths

So that he may see the places of his steps, so that he does not stumble or his foot slips, but most people do not realize this fact

The world as a whole is mired in confusion and chaos due to selfish, greedy desires that create wars Nothing else creates wars

The greatest hero in the battle of life is the one who conquers himself and overcomes his passions

Money, fame, desires, and everything that contradicts this principle are harmful to our peace and happiness

If people learned to always think about the true values of life, they would find the happiness they seek

But they deviate from their intention and are swept away by the current of earthly desires

I have found that no temptation can lead me away from the path I have chosen and the way I have adopted for myself

I can charm thousands with the power God has given me, but that course of action would be harmful to me

In any case, I do not wish to charm thousands and captivate their minds

I just like to see sincere disciples who are firmly rooted in God

Those who love God will savor these thoughts, and those whose enthusiasm endures will feel God's blessings

His presence is evident through these teachings

It is impossible for a person to deceive God because He is directly behind his thoughts and knows what is going on in his mind and what he desires

When he renounces the world and desires spiritual harmony, God will come to him

When that desire takes root in the heart of the one who desires, God comes to that heart and fills it with goodness and blessings

Material things offer only a false sense of peace and fleeting satisfaction The only true purpose for a person to live is to be in harmony with their Creator and to gain His favor

That agreement must be an eternal covenant and an unbreakable pact

O Lord, make me transparent with purity so that I may reflect Your healing light within me

Calm the mirror of my mind, which is shaking with anxiety, so that it may reflect your infinite face

Open the windows of faith in my soul so that I may breathe in the fragrance of your peace

I have come to realize that the only purpose of life is to know God

There are people who may not be convinced that knowing God is the ultimate goal of life But no one can deny that the goal of life is to find happiness And I say with complete confidence and certainty that God is the ultimate happiness

It is the greatest bliss

It is absolute universal love It is the eternal joy that never leaves the souls of those who are in

harmony with it So why don't we try to attain that ultimate happiness?

No one else can give it to us We must constantly nurture and cultivate it within ourselves

The world constantly strives to offer people its pleasures, but such fleeting enjoyments ultimately lead to regret, bitterness, and remorse Even the most fortunate, those who seem to possess everything, may still not be truly happy and will not be content with earthly things for long, because they neither quench their true thirst nor satisfy their spiritual hunger

The more we focus on external things, the less we can feel inner glory

Which we can experience by tasting the eternal bliss of the divine spirit

The more we turn inward, the fewer external difficulties we face It's a constant equation, but most people don't realize this truth due to the influence of worldly companionship, the society they live in, and unhealthy habits

Society keeps a person immersed and preoccupied with superficial matters without allowing them to think about deeper truths

Even spiritual places are visited by some without a genuine desire to benefit from their blessed atmosphere

They gain virtually nothing from those visits

Those who wish to see God will find Him everywhere Human habits are destructive and harmful

A ferocious predator that destroys, damages, obliterates, and annihilates

It is time for people to learn how to be happy and content with what they have

We shouldn't desire anything more than what comes our way God is generous; He knows what we need and provides it in due time This doesn't mean we should rely on God without making any effort—not at all It means we should do our part to the best of our ability and leave the rest to God, who will never deprive us of what we need and deserve

The best way to be eternally happy is to feel God's presence Our highest desire should be to know God and to resolve to be with Him

God should have the first and highest place in our thoughts and feelings, and we should consider Him the strongest and most firmly established pillar in our lives

God, in His absolute mercy

He gives us joy and inspiration

And it gives us real life

True wisdom

And true happiness

True understanding through

All the diverse experiences of our lives

But the glory of God is not revealed

Except in the spiritual tranquility that the soul feels

And in a serious attempt to harmonize with it

There we stand face to face with the truth

Abroad, illusions are extremely strong

Very few are able to get rid of
The influence of the external environment
The world continues with its endless complexities
And his countless experiences
The voice of God lies behind the appearances of life
He always calls to us and speaks to us
Through flowers and holy books
From our consciences
And through all the beautiful things
Which makes life worth living
Nightingale of the Sky
I am your nightingale, ascending to the heavens of your cosmic presence, in constant search for drops of the rain of your truth
I have prayed to you with deep confidence to send down showers of your mercy from the harsh clouds of silence
And being extremely thirsty, I eagerly received every sacred point of my awareness of you
Oh, how I longed to feel your presence within me and around me!
My chronic thirst was only quenched when your touch cooled my burning soul and my being ablaze with longing and yearning The season of despair and hopelessness has passed, and the dryness of my troubles has vanished with the downpour of your peace
And now I hover quietly and soar, singing songs of contentment and satisfaction

I am your nightingale that drinks only the waters of your solace that flow ceaselessly from the heights of your existence

Individual, industrial, and political selfishness, inflamed feelings fueled by illusions of one race's superiority over another, and the trading in beliefs and doctrines have all created division and estrangement between peoples and races, and have torn the earth apart with wars As a result, economic destruction, spiritual ignorance, and collective misery are occurring

Developing a combination of spiritual qualities, material efficiency, and noble human traits—the kind we see manifested in the lives of successful people—is the essence of a happy life and will produce the finest human beings

Anytime, anywhere

We must adopt the ideals of sound thinking, good behavior, and genuine emotional empathy for others

Indeed, humanity is elevated through fairness, compassion, and the equal and balanced development of material aspects

The intellectual, spiritual, and moral aspects of his person

The ultimate goal of all humankind is to achieve peace, contentment, security, knowledge, and immortality

And in this longing for the perfection hidden within us lies the image of God

This blessed image tries to reveal itself through humans who are in harmony with their higher nature

Pluralism is the law of nature, and unity leads to the absolute

With separation and division, the world becomes a cauldron boiling and bubbling with pain and suffering over the fire of wars and death

The ideal life that unites hearts, brings souls closer together, and brings them together with the truth

It is the path to happiness, peace, and eternity

Nothing can give us contentment and wipe away the tears of misery from our eyes except God alone

The human soul is a separate part from the whole and must return to the whole to become whole Our search for happiness should lead us to God, the source of all joy

Our thirst for knowledge must be quenched from the wellsprings of divine wisdom Our peace will only be complete when it is united with the indescribable peace of God

Our existence needs the existence of God in order to become eternal, and our consciousness will become ever-expanding and widening when it touches and unites with cosmic consciousness Our joy will be infinite and will increase millions of times when it is combined with divine joy

The stomach that was killed by greed

Once, a wise man ate with a gluttonous person, and the wise man said: "I love this good food"

But he didn't eat much As for the gluttonous man, he had never tasted such a delicious meal in his life

He kept eating until he was stuffed and died from overeating May your lives be long

The wise, willful person enjoyed the food, but without the sensual attachment that destroyed the glutton The wise person was in harmony with transparent spiritual energies that nourished his soul and invigorated his body's cells, and when he ate, he did so in moderation so as not to impede or hinder the flow of cosmic energy that he was consciously aware was reaching him

It is not necessary to give up everything and live an austere life in order to live a spiritual life, but it is necessary to remember that man does not live by bread alone

Paradise of love and the heaven of happiness

In the radiance of Your blessed light, I offer the supplications of my soul

And I ask you to accept the humble offering of my heart

Keep the ghosts of darkness away from me

Look at me from the eye of heaven

From the outlets of my heart and feelings

Show me in the temple my love for you

Bless me so that I may see good

I think of good things

And befriend good and virtuous people

And so that I may reflect upon you
O You who are the source of all goodness and righteousness
By your grace, I will be cast out from the sanctuary of my soul
All dissenting ideas
And I resonate with your blessed presence within me
May I live in a paradise of happiness
Noble and sublime thoughts come to me
Sprinkle me with the fragrance of your bliss
May your holy love always envelop me
Bless me so that I may live in the paradise of love
Enjoying your divine presence
And your heavenly peace
And so that I may realize that I am an immortal soul
And I live by your light
And I live by your blessing
My beloved God
From the Garden of Dawn
I will pick flowers of light for you
To offer it as a humble offering
On your feet
Let the piercing star of my love for you
It surges forward with increasing force
Through an atmosphere of astonishment
And my forgetfulness of you
And it dispels its darkness
Don't forget me
Even if I forget you

Remember me
Even if I don't mention you
God is the most precious thing in my life
He reigns supreme in my conscience
And words of wisdom inspire me
He guides me to the right path
Which I should adopt
A balanced life
Which takes into account all divine and natural laws
It combines activity and tranquility
It brings happiness and fulfills human destiny
A house full of jewels cannot be seen in the dark
Thus, the divine presence cannot be felt
As long as the night of ignorance continues to prevail
If our understanding of God is not actual
So that we cannot accomplish our daily tasks without it
Clearly, we felt no connection between God and life
When we have ambition and crown it with the idea of serving others
We help ourselves by helping others
Oh, Lord
With the spread of vital sunlight
I will spread rays of hope in the hearts of the poor and the displaced
Light the lamps of determination and self-confidence

In the hearts of those who think they are failures

When we realize that life is a school for learning and fulfilling duties

At the same time, it is a fleeting dream

Then we will know that God is with us

Life should be based on service

Without that noble goal

The mind that God gave to man will not achieve

The purpose for which it was created

Submitting to God enables a person to accomplish all their tasks

With a feeling of joy and gratitude to God

Only through surrender can we find peace

I will burn away all intellectual and moral weaknesses

In the fire of design

Because unless I get rid of those weaknesses

I will not be able to see the divine flame

Oh, Lord

Today I will be determined to accomplish specific things

Then I do what I planned

I will first make sure that my intention is correct

And then I will feel your strength

And with your help and blessing, I will accomplish what I intend to do

Whispers and Breezes

Master Paramhansa Yogananda

Translation: Mahmoud Abbas Masoud

The small ego may strut about, saying with pride and arrogance: I am you!

But I will seek to know my true self, which is fragrant with all kinds of flowers of kindness and humility

O God, reveal my true identity to me, and let me hear you whisper in my depths, saying: I am your example and you are my image!

In the garden of night dreams

In the garden of my nightly dreams, many flowers bloom: the rare blossoms of my imagination There, where the warm planetary light shines, the buds of earthly hopes unfurl, spreading bright petals of fulfillment and contentment

In the glow of those dreams, I glimpse the specters of forgotten beloved faces, and nymphs of cherished emotions buried long ago in the soil of the unconscious—all rising in shimmering robes And in response to the call of the angels of dreams, I witness the resurrection of all past trials

Lord, you have given us the freedom to forget our daily troubles with nightly visits to the land of dreams Help us to awaken to you and escape forever from human sorrows

You are waiting for my return

O Divine Refuge! I am adrift in the sea of life, tossed about by the tempestuous storms of adversity Whether floating upon the waves of pleasure or occasionally sinking into the depths of sorrow, I yearn to escape this duality by

reaching your transcendent, ethereal shores With every sigh of my supplication, I draw ever closer to you, my only refuge

I will not stop trying because I know that you are eager for my arrival and are longing for my return!

bird of paradise

I am a bird of paradise: a bird of heaven crafted by your blessed hands

She adorned me with grace and exquisite colors: with the down of tenderness and the golden feathers of spiritual blossoming

I soared high in the gloomy, frowning atmosphere of life in search of a paradise of bliss, and my bright feathers were stained with dark spots of despair

Come, my God, and wash the bird of your paradise with rays of wisdom and pure, sweet waters of peace

Divine Sculptor

Let every beat of my heart be a new word in the poem of my eternal love for you

May every sound my lips utter convey blessed vibrations from your holy voice

May every thought of mine be filled with the joy of your presence

May my will be charged with your divine vitality

Adorn all my thoughts, expressions, and aspirations with Your grace

O most holy divine sculptor, shape my life as you see fit, according to your unique design

You are my protector

Lord, help me not to awaken the beasts of anger and passion in unrefined souls But if they attack me, I will take refuge in the rocky cave of your protection within my soul

O Divine Protector! Without You, I will find no safety or security, even in the most impregnable human fortresses Be my protective covering and my steadfast shield against the explosive projectiles of adversity And bless me, that I may heal—through holy surgery—all those suffering from life's wounds and shrapnel

sacred ecstasy

When your followers are in prayer, I gather the rays of sacred ecstasy from their eyes and mix them with my spiritual fervor to offer them as a refreshing drink to my thirsty thoughts; so that they drink until they are quenched, and their pains and fears disappear

And to those seeking solace and comfort, I offer this magical drink in transparent cups of heartfelt sincerity and good intentions

May everyone who drinks this blessed elixir experience a lasting ecstasy, forgetting their troubles and vanishing their pains!

Purify me in the furnace of calamities

The raw metal of my life is melted in the furnace of calamities and trials, and all falsehood is refined in the fires of sacred experiences and ambitions

Divine Creator, deliver me from human weakness and grant me a will as firm as iron and

a spiritual resolve as hardened steel Help me to reshape my refined essence into effective instruments of self-discipline and true determination

And with the sword of mental balance, I will destroy my inner enemies – my fierce habits – that lie in wait for me and try to prevent me from constantly thinking about you alone

Be my sun and my moon

O Lord, send the rays of Your wisdom to guide me through my happy days of achievement, and the light of Your merciful moon to illuminate my paths through my dark nights of sorrow

Come to me

Will the dawn of that day break, when uttering your blessed name will bring forth a flood of tears that will overwhelm the banks of my ignorance and moisten my heart?

Then, in the lake of my gathered tears, the lilies of sacred wisdom will sprout, and their light will dispel my darkness for all eternity

O universal Mother who permeates all existence, come to me, for nothing can erase my sorrow and dispel my gloom except the face of Your all-encompassing mercy and Your infinite compassion

Unbreakable bonds

Teach me, Lord, to find my oneness with You in inner peace and in the noise of the world It matters not whether I am surrounded by silence or noise, so long as I can feel Your all-

encompassing presence everywhere and at all times

So let me do my work cheerfully

You work tirelessly and bring smiles to millions of happy hearts Bless me so that I may possess – like you – an unfading smile as I work in the factory of life

May the waves of your strength always dance upon the river of my daily activities

Divine Mother, just as you enjoy designing atoms, flowers, and universes, teach me the secret of working and creating with a balanced mind and a contented soul

Mental, psychological, and physical healing

Help us, O cosmic spirit, to heal the body by charging it with your cosmic energy, to heal the mind with cheerfulness and mental focus, and to heal the soul from the root cause of all causes – ignorance – by using the most effective medicine: daily holy meditation on God

Affirmation of healing

O Divine Spirit, You created my body, and therefore it is sound and healthy because You are present within it You are perfection itself, and I am created in Your image; therefore, I am well and in the best of conditions!

Affirmation for the healing of others

You are the image of God, and His eternal vitality permeates every cell and tissue of your body Your entire being pulsates with His divine presence; you are healthy by His grace

Be the captain of my ship

O Lord, be the captain of the ship of my daily activities, and guide it to Your holy shore, which is the safe haven and rest for the weary

The fires of misguided folly

In the night of mistakes, we chased the mirage of misleading sensual happiness; and as we strayed from the path of spiritual progress, we stumbled into the swamps of disappointment and loss

O Lord, You who are ever vigilant and attentive, do not allow the flame of folly looming above the shallow waters of passions and illusions to lure us into the mire and pitfalls of base pleasures

We are your children, longing to reach our heavenly home Bless us so that we may attain our goal by following the inner light of the Spirit's insight, which is your holy beacon, guiding and calling us to sail towards your blessed shore!

I heard your voice

In many lives I have heard your gentle whisper saying: Come home!

But it faded away and disappeared amidst the noise of unblessed desires

I have abandoned the crowded queues of desires and I will invite you to the virginal retreats of my heart

When I sit down to meditate on you, will you dispel the earthly temptations that still lurk in the corners of my memory?

In the stillness of my soul, I yearn with all my heart to hear your blessed voice

Memorial candle

I may lose my way and wander in dark paths and gloomy labyrinths, but O cosmic mother, guard the thin candle of remembrance for you so that the winds of doubt and uncertainty do not extinguish it

I have asked for all earthly things only to discover at last that I long for you alone, Mother! Come and never leave me!

Darkness fades before your light

O Divine Teacher, let me realize that even if the darkness of my ignorance is as old as time itself, with the dawn of Your light the darkness will vanish as if it never existed!

Play the flute of my life

O loving Lord, with my arms help your children

Speak with my voice, and use my mind to inspire others

Breathe with my breath, for you are the only one capable of playing your eternal melodies on the flute of my life

I am a spark from your cosmic fire

At the beginning of creation, when the sparks of creation flew from your fiery breast, I sang with the choir of planetary lights that proclaimed the good news of the emergence of your worlds

I am an eternal spark from your planetary fire

O loving and patient Divine Heart! Help me to renew—through meditation—the covenant of affection and fellowship between us Let me realize that in my blessed journey toward sacred expansion—life after life—you and my spiritual guide have been, and always will be, my eternal and everlasting friends

Awareness of bliss

Of course, when I say that God is bliss, I also mean that He is eternally present and consciously aware of His own blessed existence And when we yearn to experience eternal bliss or the divine presence, we certainly desire an eternal, unchanging existence and a constant awareness or feeling of that bliss

We have demonstrated in previous lectures, through rational argument, that we all – from the highest to the lowest – seek happiness, and this matter has become an accepted fact when considering people’s actions and motives

Let's rephrase this argument slightly: Suppose a higher being were to come to us and say to all the peoples of the earth, "O humans, I will grant you eternal sorrows and unending pains with an eternal existence Will you accept them?" Of course, no one would accept such an offer, because everyone desires eternal bliss with an eternal existence Looking at human motivations reveals that every human being desires to possess bliss

Similarly, no one desires annihilation or self-annihilation, as even the mere suggestion of them evokes terror and dread Everyone desires permanence, but if offered an eternal existence without awareness or consciousness of that existence, we would reject it No one desires an unconscious existence We all desire a conscious existence without end

Now, what is God? If God were something other than bliss or supreme joy, if communion with Him did not bring us joy, or if it did not alleviate our pain, we would not desire Him, nor would we turn to Him If God were something useless to us, we would not care to draw near to Him What good is the idea of a Lord who remains unknown to us, whose presence we cannot feel within ourselves or in at least some aspects of our lives?

Whatever our mental concept of God may be, such as: (He is supreme or He exists within us and around us), that concept remains surrounded and shrouded in ambiguity and mystery unless we also sense His existence

Because of this confusion and ambiguity in our understanding of God and our experience of Him, we find ourselves unable to grasp His importance to us and His practical value to religion This unclear perspective fails to generate sufficient conviction within us, and therefore it neither changes our lives nor tangibly influences our behavior, nor does it motivate us to exert the necessary effort to know God

And what does the world religion say about God? It says that the proof of God's existence lies within ourselves It is an inner experience You must remember at least one moment in your life, in prayer or supplication, when you felt that physical limitations and obstacles had vanished or nearly so, and that petty love and hate, pleasure and pain all diminished in your mind, and pure joy and peace flowed from your heart, and you enjoyed a tranquility undisturbed by anything joy and contentment

While such a sublime experience is not usually granted to everyone, there is no doubt that each of us, at some point in time, whether in prayer, worship, or meditation, has experienced a few moments of spiritual ecstasy and pure peace Is this not proof of God's existence? What other direct proof can we offer of God's existence and nature than the pure joy we feel within ourselves during sincere prayer or heartfelt worship?

Despite the existence of cosmic evidence for God's existence—from effect to cause, from the world to the Creator of the world—there is also the teleological argument (related to the search for the purpose of nature), from cosmic plans and adaptation to those plans to the Universal Intellect, the creator of all plans and adaptations There is also the moral argument: from conscience and the sense of perfection to the infallible Being before whom we stand, accountable for our duties and responsibilities However, it must be acknowledged that these arguments are products of intellectual

reasoning, varying in degree, as we cannot possess complete or direct knowledge of God through the limited powers of the mind

The faculty of thought, or intellect, provides a fragmented and indirect view of things To perceive something intellectually means not seeing it while united with it, but rather seeing it while separate from it However, intuition is the direct means of perceiving truth Through this intuition, one can attain blissful consciousness or divine awareness

There is no disagreement about the absolute existence of blissful consciousness and the consciousness of God, because when we possess blissful consciousness, we feel that our individuality or our limited personality has been transformed and altered, and that we have transcended the duality of love and hate, pleasure and pain, reaching a level where the limited states of ordinary consciousness become clearly evident We also experience an inner expansion and a comprehensive empathy for all things In this state, the noise of the world fades away, excitement disappears, and within us arises a sense of the unity of existence and a clear vision of cosmic light All impurities and deviations dissolve into nothingness, and we feel as if we have moved to another realm: to the source of perpetual bliss and endless happy eternity Is not, then, blissful consciousness the consciousness of God through which all the aforementioned states of knowledge manifest?

It is clear, then, that God can only be conceived as bliss if we bring Him into the realm of peaceful and joyful human experience Then God will no longer be a mere hypothesis subject to intellectual theories Does not this idea of God transcend all others? He reveals Himself in our hearts as the bliss of contemplation, in profound prayer and sincere worship Blessed is the one with a tranquil soul!

If we understand God in this way—that is, as the embodiment of bliss—then we can make religion a universal necessity, because no one denies that they desire to attain bliss And if someone desires to attain it through the right means, they are considered religious because of their closeness to God and their awareness of Him, as we have described God as being close to the heart in the embodiment of bliss

This feeling of bliss, or divine awareness, can permeate all our actions and character if we allow it And if we are able to retain it, we can judge the relative religious value of the actions and motives of every person on this earth

If we were to realize, even just once, that attaining blissful consciousness is our religion, our goal, and our ultimate purpose, then all doubts concerning the meaning of the various teachings, recommendations, and prohibitions of the world's diverse religions would vanish Everything would be interpreted in light of the stage of development for which those teachings were prescribed and decreed The light of truth would shine, the

mysteries of existence would be revealed, and the details of our lives, with their diverse actions and motivations, would be illuminated We would be able to distinguish between reality and illusion, wakefulness and dreams We would also see the futility of customs and traditions that have so often misled humanity and erected barriers between people Moreover, if religion were understood in this way, no one in this world—young or old—would be unable to practice it, whether they were a student, a worker, a lawyer, a doctor, an engineer, a carpenter, a teacher, a laborer, a philanthropist, or whatever their position in life

If religion is about getting rid of the feeling of need and attaining bliss, then who would not want to become religious, or who would not strive to become so to a greater degree if introduced to the correct methods and ways?

Nor should the focus here be on the multiplicity of religions Everyone in the world can be religious in their own way, and can do so more successfully by using effective means Here, there is no discrimination based on class or belief, sect or denomination, dress or climate, age or gender, profession or status, because this is a universal religion Just as God is the fundamental pillar of all religions and beliefs, recognizing Him with joy is the common thread in the consciousness of the prophets of all religions It should not be assumed that this idea of God is abstract or unrelated to our spiritual hopes and aspirations

God is not a being like us, with our limited horizons and finite human vision Our existence, consciousness, feelings, and creative abilities are but shadows of His consciousness and bliss He is an absolute and transcendent presence, while our existence, consciousness, and feelings are limited and ordinary These things are limitless in the being of God; indeed, they are transcendent and infinite

We sense God in perfect peace, and we recognize Him through blissful awareness What further proof is there of His existence? In this state of bliss, our spiritual hopes and aspirations find fulfillment and realization in God, just as our longings find an object or object of worship

In the consciousness of bliss we rise above the joys and sorrows of the world, but we do not transcend the necessity of fulfilling our duties and obligations

The one who possesses self-knowledge knows with certainty that God is the sole agent in existence, for all power of achievement comes to us from Him With the cultivation of detachment, the petty ego fades and diminishes, and we feel that we are performing our assigned roles on the stage of the world without being psychologically affected by positive or negative circumstances, by love or hate associated with these roles This play of life has neither beginning nor end Each of us must play the part assigned to us by the Great Director of the Stage without complaint or resentment, out of love for the play and respect for the Director Those who attain the consciousness of

bliss will feel that the world is a stage and will perform their role to the best of their abilities and artistic skills, always remembering that they are working under the direction and guidance of the Great Director of the Stage: God Almighty, the source of all goodness and joy in existence

Peace be upon you

Glimpses of cosmic consciousness

Man appears like a stranger who travels alone in this world

The people he thinks are his are not really

Our destinies determine the individual paths of each of us, and no one can control or own another human being

Nevertheless, we are not alone in this world, as there are some close relationships with deep and lasting roots, from which we draw support and joy

Who are these people close to us?

They are not always members of our family, but rather those with whom we feel a strong bond of friendship

For example, there are people in whom the principles I believe in have been nurtured and have grown They appreciate me, and I reciprocate their affection and respect, and I feel that blessed bonds unite us in goodness, love, and peace

A man and a woman who unite their lives to help and inspire each other with noble values and

ideals build their marriage on the foundations of unconditional love

Cultivating pure and unconditional love between husband and wife, parents and children, friend and friend, self and everyone else is a lesson we came into this world to learn

True marriage is a laboratory where the poisons of selfishness, bad temper, and bad behavior are poured into the test tube of patience to neutralize and change those afflictions by the motivating power of love and the steady effort to act with nobility and dignity

If there is a particular trait in partner (A) that provokes an undesirable trait in partner (B), then partner (B) should realize that there is a reason for this, which is to reveal the hidden poisons within him so that he may recognize them and get rid of them, and thus purify his character and nature

The greatest thing a husband and wife can wish for each other is spiritual openness, which brings the good qualities of understanding, patience, concern, and love

But they must bear in mind that spiritual growth cannot be forcibly imposed on another

When a person experiences love within himself and translates it into the language of his actions, his loved ones will feel his good influence and reciprocate with love and respect in kind

Unless married couples understand the higher purpose of marriage, they may not enjoy a happy married life

Excessive sexuality, excessive familiarity, hurtful roughness, bad suspicions, insulting words and actions, quarreling in front of the children, venting anger, and blaming problems on the other partner these are things that should not be allowed to undermine the foundations of marriage

Husband and wife must be faithful to each other and each must do their utmost to make the other happy in every way possible

Life partners should not abandon each other because one partner lacks spiritual inclinations, but rather each should have a positive influence on the other as long as possible

Marriage is a great laboratory for developing tender feelings and mutual respect

It is also a school for developing good will, purifying love from impurities, and sacrificing selfish considerations in order to serve and make others happy

In married life, it is important to respect the other person’s point of view and to refrain from quarreling and bickering over trivial matters Mutual respect generates happiness, while belittling the other person’s opinion leads to emotional tension, resentment, and poisoning the atmosphere

A successful marriage is based on high spiritual and mental qualities such as radiant love, kindness, tolerance, empathy, friendly understanding, open-mindedness, and delicate feelings

Husbands and wives must feel love for each other and not limit that feeling to certain moments,

otherwise they will find themselves heading towards the slopes of boredom, resentment, or even mutual hatred and perhaps divorce as well

Love is stronger than physical or mental weakness, and therefore it should not be bound by conditions

Love cannot be taken from another person by force, but can only be accepted as a spontaneous gift from heart to heart

Love grows and flourishes in an environment of tolerance and trust, and dies in an atmosphere of jealousy and envy

Love lives in closeness - remoteness and dies in misguided familiarity

And among His signs is that He created for you from yourselves mates that you may find tranquility in them; and He placed between you affection and mercy Indeed in that are signs for a people who give thought

{and the two shall become one flesh}

The first and most important requirement for a happy marriage is unity of spirit – similarity in spiritual inclinations and goals, and a genuine desire to achieve those goals through study, effort, and self-discipline

Couples who share a unity of spirit will be able to make their marriage successful even if other factors are not available

The second requirement for a successful marriage is similarity of intellectual, social, environmental and other interests

The third and least important requirement, although it usually takes precedence among the unenlightened, is physical attraction

Physical attraction quickly loses its appeal and strength if the first or second requirement is not met

* * *

We must be active in this world, and do useful and constructive work

But when we have finished our duties, we should rest ourselves and seek tranquility within ourselves

We must also remember that our nerves need rest and tranquility to restore vitality and renew energy

If we possess a calm nervous system, we will succeed in everything we do, and moreover, we will be in harmony with ourselves and in accord with God

* * *

He said to a group of followers:

The cup of your life is overflowing and saturated with the divine presence, but because of your inattention you do not feel that blessed presence

When you are in tune with a radio broadcast, then you feel that you are in close contact with God

If you fill a bottle with seawater, seal it tightly with a cork, and then throw it into the sea, the water inside the bottle and the seawater will not

mix However, if you remove the cork, they will mix immediately

Thus, we must remove the plug of heedlessness and indifference from the bottle of our consciousness before we can touch the divine presence

Key to Paradise and Happiness

Fortunately, we can start anytime and anywhere focusing on developing the positive qualities we lack

If we lack willpower, let us focus on addressing that aspect, and through conscious effort, we will be able to strengthen our will with God’s help

If we want to free ourselves from fear, we must think about courage, and the time will come when we will be freed from the grip of fear

Simply put, all we need to do is replace the troubling thoughts we want to eliminate with positive, constructive ones This is the key to a paradise of happiness and success, and it's available to anyone who wants to use it

* * *

Some may think it is impossible to try to overcome hatred and inspire humanity with the divine love that the wise have experienced and proclaimed, but there is a great need to change course and replace hatred with love

Atheistic ideologies fight against heavenly laws and try to expel spiritual concepts from people's souls, and the world is rushing wildly and rapidly towards an unknown destination

In trying to stop the raging storm, we may sometimes look like tiny ants swimming in the ocean, but we must not underestimate the forces of good that God has placed in man, nor should we belittle what we can do

The only thing that will eliminate the world's suffering—more than money or any other material means—is meditation and sending out waves of spiritual awareness felt by meditators

We must spread messages of goodwill and goodwill to the world, try to understand God’s plan for humanity, and work in harmony with His wise universal will

I told him: "Get up"

If you go through all your experiences smiling and trusting in God, without doubts creeping into your mind, you will see how divine law works

[In the 1920s], when I was planning a lecture tour in San Francisco, I only had $200 in the bank, which wasn't even enough to start the tour, and there were large bills to pay, so I said:

"God is with me He has entrusted me with this task and will help me accomplish it, for the work I do is for His sake and He will surely help me and make things easy for me"

Even if the whole world abandons you, and you know for certain that God is with you, His laws will work wonders for you

When my secretary came to me and I told him about the amount of money I had in the bank, he was shocked and actually fell to the ground

I told him: "Get up"

He replied, trembling: "We will go to prison because we cannot pay the bills we owe!"

I said, "We're not going to prison In seven days we'll have all the money we need for this lecture tour"

Doubts were raging within him, while my faith remained steadfast

I did not need money for any personal gain or purpose, but rather to spread a divine message Fear did not enter my heart despite my many difficulties, and I can say that fear is afraid of me

What are you afraid of? Nothing should frighten you Face all problems with unwavering faith in God, and victory will be yours

When the heart is absorbed in God, a person can overcome all obstacles and hurdles with God’s help and blessings

During that week, as I was walking in front of the Palace Hotel, an elderly woman approached me and said, "Can I talk to you?"

We exchanged a few words, and without preamble she said, "I have a lot of money, can I help you?"

I replied, "I don't need your money, and why are you offering me money when you don't even know me?"

She replied, "But I know you, I've heard a lot about you"

I immediately wrote a check for $27,000 (a huge sum in those days), and I saw the hand of God behind it

* * *

Unless a person develops intuition or the faculty of intuition, he will make wrong decisions, choose unsuitable business partners, and become involved in wrong personal relationships

Since the judgment of sensory perception is based primarily on information received by the mind through the senses, if the senses are deceived by appearances, one may believe that someone is a wonderful person without knowing what is inside them

Or he may think that he has found a partner - or life partner - and enter into a marital relationship that may lead either to an unhappy life or end in divorce

But intuition never makes such mistakes; it does not look at the magnetic power in the eyes or at someone’s attractive face, but rather it senses accurately and perceives in the depths of the heart the true nature of that person

Spiritualizing ambition

I will never forget the words spoken to me by a sales clerk in a large store where I went to buy a coat for myself

He said, "Sir, I don't want to sell you anything, I'm just trying to find out exactly what you need"

That kind man did not try to sell me his most expensive coat, but showed me a less expensive coat that suited me in every way

I was relieved to get what I needed at a reasonable price

In doing so, he secured me as a regular customer for his company

People should introduce a spiritual element into their practical ambitions and consider providing appropriate service to the needs of their fellow human beings

It is not enough for a person to earn money by providing services and receiving money in return, but rather to work to earn money and use it to establish facilities and institutions that serve public needs

When a person earns large sums of money and at the same time helps his partners and employees, his wealth and prosperity increase, and thus he uses his wealth to help others so that they can help themselves This is what I call "the spiritualization of ambition"

Wealthy parents who leave huge sums of money to their children stifle their developmental growth based on self-made success and deprive them of self-reliance and the joy of achievement

* * *

God has revealed his truth in diverse expressions within independent civilizations, nationalities, and individual mentalities

Through this great diversity, God has placed before us a changing and varied picture of the latent potential of man, and it is man’s duty to extract from these multiple varieties the highest and best qualities and to instill them in himself, in his homeland, and in his world

That is what enlightened people do in every time and place

They are hundreds of years ahead of their time, and through their open-minded ideas and growing awareness, they demonstrate the universal foundations of truth, which are eternal and timeless

These principles are the essence of the true art of a happy life They are vital, applicable, and indispensable principles for the success and happiness of every human being

The differences between peoples, nations, ethnicities and different doctrines should not perpetuate divisions among people, but rather serve as a basic model for comparison and for selecting the best characteristics and methods that contribute to the development of the ideal human being and society

The art of self-confidence

Few are those who can be happy without possessions, or at least without sufficient money and health

Most people need certain things to feel happy, and their happiness depends on external circumstances because the mind has not been trained to enjoy unconditional inner happiness

A person might think they will be happy—may God bless you—if they get everything they believe they need But desire breeds desire, and whoever continues to multiply their desires will find contentment as far from them as the Pleiades are from the earth

Before you buy something, you feel that you can't do without it and that you absolutely must

have it, no matter the price But once you have it, your desire for it gradually diminishes, and you start thinking about something better, and so on

Success is the art of self-satisfaction: Get what you really need and then be content with what you have

Many workers and employees spend their money on unnecessary things and as a result they are drowning in debt

I knew a man and his wife who lived in a beautiful house in a city Whenever they saw something they desired, they would buy it immediately, even on installments But eventually, their beautiful house became a source of terror for them

They were unable to pay the installments on the things piled up in their house, so I said to them once: "These things are not yours and you do not own them, you borrowed them in installments So why don't you simplify your lives without these constant worries that destroy all the peace and enjoyment you have?"

Because of the debts they had fallen into, they eventually lost everything, forcing them to return to a simpler life and start over

There are healthy desires and fruitless desires Healthy, valuable desires are like a thoroughbred horse that, instead of leading you into a valley of darkness, carries you toward bright horizons of happiness and contentment It is one's duty to analyze desires to determine whether they will contribute to happiness or distance one from it

Anything that frees you from materialism and brings you closer to true happiness is a healthy desire Know that true success depends on having healthy desires, not on acquiring things at the expense of others

Wealth acquired through reprehensible means may appear successful on the surface, but such excessive wealth torments the soul and deprives it of peace A troubled conscience is—excuse the expression—like a tight shoe that may look beautiful but pinches the foot with every step

A person with a clear conscience is at peace with themselves, with others, and with God If your conscience is clear, you can stand alone against global public opinion, and no matter how dense the darkness around you, with God's help, you will be able to pierce the gloom with the light of your enlightened conscience

* * *

We do not need the glorification and praise of humans because human nature is fickle and human memory is short-term

God’s appreciation and approval is what we should strive for and seek diligently, because a person’s worth depends on the acceptance he receives from the examiner of hearts and the knower of secrets

If we are pure and pious in the eyes of God, then that is what matters most

When we do good deeds, we must sometimes suffer, but the fatigue, discomfort, self-discipline,

and mental training are nothing compared to the spiritual happiness that no earthly glory can equal

The joy of those who arrive is great and renewed, and the goal of life is to reach that eternal bliss and every noble idea brings us one step closer to our ultimate goal

Such thoughts are like a river that leads to the ocean of the soul, where there is peace, contentment, and inner happiness

breakthrough

I have broken through the dense forest of ignorance

And I carved out a path of light within it

I first highlighted some vulnerabilities and weaknesses

I followed it with bushes of thorny desire broom

The fire grew even more intense

Flames rose

And it extended to devour the arrogant pride

And blatant ignorance

And the rabid, ferocious beasts of lust were burned

As I make my way

Amidst the ashes of outdated human errors

I will pave the way for all those who wish to cross the forest of ignorance

* * *

In our relationships with others, it is very important to notice and appreciate the intrinsic qualities they have forged from their lives

If you study others with an open mind, you will be able to understand them and get along with them better, and you will be able to know who the person is that you are dealing with and how to deal with him

Don't talk to a philosopher about horse racing, nor to a scientist about housekeeping

We should find out what matters to the other person and talk to them about that, not necessarily about ourselves

Competition between men and women

It seems that competition has always existed between men and women, but they are equal in essence, and neither is superior to the other

A person should be proud of their intrinsic value and the moral strengths and essential qualities that God has placed within them

The man argues that women are emotional and impulsive and cannot handle things with reason and wisdom

The woman complains that the man is unable to understand her and appreciate her feelings

But women are capable of sound logical thinking, even though emotion is the strongest force in their nature

And the man is capable of feeling even though reason is dominant in his life

The goal is to create a balance between reason and emotion so that neither overpowers the other or negates its role

This balance can be achieved by both genders learning from each other through friendship and understanding

In the enlightened, we find a wonderful blend of masculine and feminine qualities And when we reach a state of perfect balance between reason and emotion, we have learned the great lessons for which we came to this earth

* * *

Spiritual pulses

I am a spark of cosmic light

My essential self is not blood and bone

Rather, it is a ray from the divine sun

I will develop the ability to focus the mind

I will read good books and materials

And I will delve deeper into thought

And on top of everything

I will dive into the sea of my soul

And I contemplate the secrets that God has placed within it

I ask you, O Lord

To find reflection in my activity

And an activity in my contemplation

So that my whole life

A gift of love and loyalty to you

Can I find you?

Except in the sanctuary of my heart?

I will plant roses of brotherly love

In the soil of friendship and loyalty

O Lord, awaken us from our chronic slumber

Let us recognize your presence manifested in the light of reason

And glowing in the torches of wisdom
I will cool down in the pool of divine love
Hidden behind the walls of contemplation
What is this life that flows in my veins?
Is it permissible for it not to have a divine source?
The concept of emission
Thought has no limits or end!
Every kind word represents a concept of a universal nature, because kind words and pure thoughts have a divine source
There are many waves of great ideas dancing on the breast of the sea of truth
Our intellectual expressions of consensus are waves in the ocean of understanding and knowledge
What is the meaning of emanation?
It is a renewal of life and a rise to higher levels
What is elevated and how is it elevated?
We must understand the meaning of the renewal of life Everything in existence undergoes a process of change and transformation
These changes are either harmful or beneficial to the thing that is being changed
For example, if I take a dirty glass and hit it hard on the ground, it will change, won't it?
But such a change is not beneficial; rather, it involves harm to the thing that was destroyed
But if you wash the glass and make it clear and shiny, then the change will be beneficial
Therefore, emanation means any beneficial change, whether to physical things or to humans

creative activity

There are three categories of people who possess a creative spirit:

Exceptional category – extraordinary

middle class

and ordinary category

There are many who do not fall into any of these categories

A person likes to ask themselves:

"Have I tried to create something new and unique, something that would benefit myself and others?"

That is the starting point for engaging in creative activity

If he has not thought of that, then he is one of those who believe that they have no ability to be creative even though they possess its components, but the suggestions that have seeped into them from their subconscious have convinced them that there are vast distances between them and creativity

He who goes through life like a sleepwalker must awaken himself, affirming to himself:

"I possess the greatest of human gifts, the spirit of creativity"

Every person possesses a spark of ability and initiative, enabling them to create something unique However, the influence of the environment is like hypnosis, and limited human consciousness can easily be deceived if a person is not vigilant and resilient against negative environmental influences

Whoever says to himself, "All roads are well-trodden and crowded, so what is the point of trying?" allows himself to fall under the hypnotic influence of a worldly consciousness that inhibits determination, and this explains why many people do not succeed in all aspects of life because they lack the spirit of creativity

A person must adapt to life's experiences according to what his conscience dictates and what his heart suggests to him, and not act without careful consideration

Whoever possesses strong faith deep within himself, God will increase his faith, strength, and determination to achieve what he aspires to in life

I have a firm trust in God and a strong belief in His help, so He has blessed me with a blessed spiritual strength an indomitable willpower that has always created opportunities for me, opened doors for me, and paved countless paths before me, by His grace

True and lasting happiness lies only in God

Divine knowledge is a treasure; whoever finds it desires nothing else

In God, and in no other, is there security He is the only refuge and escape from all fears and worries

Otherwise, there is no real safety in this world

Therefore, every effort must be made to get to know him and communicate with him morning and night, and in all the work we do and the duties we accomplish

Wherever God is, there is no fear or sorrow

Those who know Him are not shaken by worldly events nor shaken by various calamities, because they are safe and secure because of God’s presence with them and His protection of them

Supplication

Oh, Lord

Although the light of your love is sometimes dimmed by the evils of the world

But we are working hard to show your light

May the radiance of your blessed light continue to flow

It glows amidst the darkness and dispels it completely

I feel your glorious power permeating my being

With your help and blessings, those who love goodness can

Overcoming the evils of the world

And your love remains the greatest power

Which must be instilled in minds and hearts

To eliminate wars

Disturbances and unrest

I feel the pain of humanity

I want to do everything I can to alleviate human suffering

Bless us, O Lord, so that we may raise the torches of Your love and Your light

Wherever we turn and wherever we go

I want to be with those who love you

And I want to relish hearing your most holy name

You are the first and last love in my heart

Bless everyone so that they may feel your love and glory

Let us abandon futile ambitions and fanciful dreams

We are filled with your wondrous love

I want to tell others about your love and your wonders

Instill in us the constant awareness of your love

And the urgent desire to touch your divine presence

Let us abandon everything that repels us and keeps us away from you

You alone are the eternal, everlasting, and absolute truth

There is no life without you

Free everyone just as you freed me

And I thank you from the depths of my soul

To grant me this blessed joy

Which accompanies me day and night

Quiet activity and active quiet

A person should not spend their time only on acquiring money, but also on exercise, reading, meditation, loving God, and behaving in a calm and undisturbed manner

We must learn how to be quietly active and quietly active, and to charge our daily activities with that serenity obtained from thinking about God and introspecting

We must accomplish our work out of a love for duty, and accept the results with mental balance,

without being made to belittle success or become frustrated by failure

We ask you, Lord, to help us live in peace in a world where your truth is our guide, leader, and mentor, so that we may live in brotherly love and develop our bodies, minds, and souls in a balanced way, so that your heavenly peace may be revealed through our lives and daily activities

Blessed with health, competence, efficiency, and wisdom, may we inspire our fellow human beings to bring out their refined natures and noble qualities

May the light of your love shine upon the altar of our longing for you

And let us have the ability to awaken your love in every heart

* * *

One of the disciples inquired about the best way to achieve inner peace, and the teacher said:

Work on calming the anxious thoughts that rush outwards and direct the thought inwards

Work on harmonizing your thoughts and desires with the sufficient and complete facts that already exist within you

Then you will feel a sweet harmony permeating your being and enveloping your life and all of nature

If your hopes and expectations align with this innate harmony, you will walk smoothly and easily through life's paths and soar on the wings of peace

And in this lies the depth and beauty of the life of the soul

* * *

Sometimes ideas are more effective than words

The human mind is the most powerful transmitter and receiver of all

If you consistently broadcast positive thoughts and charge them with the energy of love, those thoughts will leave a good impression on others

Similarly, if you release thoughts charged with envy or hatred, others will receive those thoughts and respond to them with similar thoughts

I ask God to support your efforts with His strength and blessings

For example, if the husband is deviating from the right path, the wife should ask God to help her husband and remove feelings of jealousy and resentment from her heart, and to make her husband realize his mistake and return to the right path

If the prayer is sincere and the intentions are pure, the desired change will occur with God’s help

* * *

I have often used willpower to overcome a habit that was trying to take hold of me

When I was eating certain types of food and found myself restricted by the desire for those types, I refrained from those foods until the desire for them faded away

When I went to Singapore, I found a delicious fruit there, but I watched myself so as not to create a craving for it, as I realized that unless I paid attention and took precautions, I would find myself

wanting it morning, noon, and night, and in this way we restrict ourselves

Although I thoroughly enjoyed the fruit that day, I did not miss it and I did not regret its absence the following day

If we focus on the things we enjoy, we have nothing to fear We must keep our freedom above all else

If I say I will not do something, the decision is final and irrevocable Isn't that freedom?

How wonderful it is to act not out of habit or in response to others trying to win us over, but because wisdom dictates it!

When wisdom convinces us to do something, nothing should deter us from doing it, provided that we are guided by wisdom

A beneficial habit can be established through willpower and wisdom I have the ability to favor whatever wisdom suggests

The original patterns or archetypes of most humans have become so fixed that they cannot change them, but those who keep their ideas flexible through politeness and self-control can easily change for the better

The mind must be as malleable as clay Wisdom grants that flexibility, and that is the freedom I want others to enjoy

When a person is freed from the bondage of habit, he will find that there is no greater happiness than acting in light of free choice and self-conviction

A person should not allow circumstances to punch and slap him and defeat him, but rather he should do his best to overcome the circumstances

Whoever possesses a strong will will overcome all difficulties with God's help

* * *

Every physical action has a mental counterpart

We use our physical strength to perform certain actions, but the action has a source in thought, and is directed by a mental guide

Theft is evil; but the greatest evil is the mental act of theft, which paves the way for physical theft, because the mind is the true mastermind

Any wrong action that a person wishes to avoid must first be banished from their mind

If you focus only on the physical act, it is very difficult to gain control

The focus should be on the mind and correcting misconceptions, and then the action will be dealt with automatically and smoothly and successfully

* * *

When you feel at peace
In every movement
From your body movements
And you feel peace in your thoughts
And in your will
And in your love
And she feels at peace
And in the divine presence
In your ambitions

Remember that you

Your life has reached God

Praise, criticism, and flattery

Flattery may be good when it encourages someone to do good, but it is malicious when it is used to hide spiritual wounds, causing them to fester and thus poisoning the soul with the disease of ignorance

Most people love flattery, just as many enjoy eating honey without realizing that some of it may be poisonous

In addition to the flattering words of others, our own thoughts often justify our harmful flaws and conceal large psychological abscesses that may burst and poison one's entire spiritual life

Thus, the flattery of others towards us and the whispers of our comfortable thoughts are pleasing to the sense of hearing, and our wisdom falls captive in the hands of poisonous words of flattery

There are many who willingly and deliberately waste money, time, health, and even morals because of deceptive words from fake friends

Many souls have been ruined because they did not heed wise advice and because they succumbed to the temptation of sweet talk that contained cunning and malice

Living in hell with one honest, straightforward person is better than living in paradise with ten smooth-talking, ill-intentioned people Flatterers turn heaven into hell, while good, loyal friends transform hell into heaven

We must always speak the truth, and at the same time we must avoid hurting others with words that may be true but are harsh and do not lead to a positive outcome

For example, if you address a blind man by saying "You blind man," what you are saying may be true, but this type of speech is undesirable and causes hurt feelings, and therefore such a hurtful style should be avoided

It is not advisable to criticize someone who does not want to be criticized, but it is helpful to listen to kind criticism, and it is wonderful to accept harsh but correct criticism with a smile and friendly appreciation

A wise man had a friend who was very critical of him, and the wise man's followers were annoyed by this criticism One day, one of the disciples came to his teacher joyfully and said to him: "Rejoice, teacher, for your enemy, the faultfinder, has died"

The wise man burst into tears and said, "Oh, what a great loss! My best spiritual critic has died, and I feel my heart is shattered"

Most people do not like constructive, insightful criticism and instead prefer to sacrifice everything for flattery and turn away from the frank words of wise people and their accurate foresight

A person should ask themselves from time to time:

"Have I been deceived by sweet words and allowed the hands of self-serving flattery to restrict my wisdom and blind my insight?!"

The Tale of the Saint and the Ghost of Smallpox

While one of God's righteous saints was meditating late at night, the terrifying specter of smallpox appeared to him entering the village where he lived, so he shouted at it:

"Stay where you are, ghost, and go back where you came from You must not harm the inhabitants of the town where I worship God"

The ghost replied, "I will only take three people, no more, in accordance with the law of karma and in fulfillment of my cosmic duty"

The guardian reluctantly accepted the explanation

The next day three people died of smallpox, and on the third day several more died, and every day after that some villagers fell prey to the dreadful disease

Believing he had fallen victim to a great deception, the saint pondered deeply and summoned the ghost When it appeared, the saint rebuked it, saying:

"You deceived me, Ghost, and you didn't tell the truth when you told me you would only take three people"

The ghost replied, "I swear by the Supreme Spirit that I have spoken the truth"

The guardian said, "You promised me that you would take three people, but the disease has claimed dozens of lives"

The ghost replied: "O friend of God, I only took three, the rest died of fear"

Know, my friends – may God increase your knowledge – that fear creates a negative vibration within a person, surrounding him in one way or another, wrapping him in invisible ropes that are difficult to get rid of, and making him more susceptible to receiving everything negative in others around him, so he becomes surrounded by unhealthy waves

In such a case, he brings upon himself illness, frustration, hopelessness, doubts, suffering, sorrows, and perhaps even death

Willpower: The Cosmic Activator

Every movement in the body signifies a movement of will

Through the willpower system, energy is sent wirelessly to the body using the stored energy in the brain and the intelligent cosmic energy surrounding the body

When you are tired, you can provide the body with energy by eating, breathing oxygen, drinking water or other fluids

But when you tense your arms and body to lift a heavy weight, you bring energy into your body through unseen willpower

When you tighten the body with conscious focus (until it vibrates without strain), you touch the cosmic energy of God endowed with intelligence

This is how we can generate energy or activity in the body, not from material sources outside the body, but from the divine source that is hidden and exists both inside and outside the body

To gain access to and benefit from cosmic energy, one must first find the missing link between consciousness and matter, between body and soul This link can be found by focusing, meditating, and realizing the true nature of the self and its connection to divine consciousness

Life is a caravan

Many of those who were with us last year are not with us now, and who knows who will be here next year?

That is life, and its journey continues It is a caravan we travel with for a short time

Some of our companions have fallen into the pit of loss, but when the pains they suffer overwhelm them, they will begin to seek guidance and direction from the Lord of the caravan, who is also the Master of this earth: God Almighty

Although we are separated in this caravan, and mystery surrounds the beginning and the end, life still has a profound meaning: reminding us of the importance of earnestly seeking God

This world can also be likened to a play:

"This life is a story told by a character the night is a cover and the day is the playground"

Actors do not come from nothing There is a backstage, and after their roles are over, actors do not cease to live, but rather disappear behind the curtain of the ether in search of rest

We are here in compliance with the plan of the Divine Theatre Director to play our roles for a while on this stage of life and then leave the scene

We do not die in the traditional sense of death, but rather we disappear behind the curtain of time, according to the direction of the director of the cosmic theater

We will appear on the stage of life time after time until we master the performance and play our roles properly according to the divine will

When we improve our performance and comply with the will of the Supreme Manager and Planner without losing courage or interfering in the details of the divinely ordained plan, we will no longer need to try again, but will become immortal pillars in the structure of eternal existence, permanent residents in the Kingdom of Heaven

They will abide therein forever

{Whoever overcomes, I will make him a pillar in my divine temple, and he shall never go out again}

* * *

At first I was hesitant to become a teacher, as the requirements and implications are enormous and frightening, since a teacher must be a shock absorber, and the moment he becomes disturbed and confused, he cannot help those who ask for his help

A true teacher must love everyone, understand humanity, and know God

When my teacher (Sri Yuktiswar) told me that my role in this life was that of a spiritual teacher, I called upon the infinite power of God to support me

When I began giving lectures, I made the intention that I would speak not from the

knowledge of books derived from theoretical study, but from inner inspiration, fully aware that the creative power whose springs never run dry and whose source never runs out lies behind all my words

That power has also been used in other areas to help others in their work and in many different ways

I have used the human mind to highlight immortality

I did not say, "Do it for me, Lord," but rather, "I want to do it, Lord, and I ask you to guide me, inspire me, and take me by the hand"

One can do small things in an exceptionally unique way

He should be the best in his field of work, and not allow his life to proceed in an ordinary manner

And to accomplish something useful that no one has done before something that will amaze the world

And to demonstrate that the creative, innovative divine element works through and by him

One must have unwavering determination and resolve to walk the paths of life without allowing thoughts of failure and past mistakes to stand as obstacles in the way

Life may be dark, difficulties may come and opportunities may be lost without being seized, but the disciple should not say to himself, "God has abandoned me and my fate is sealed"

Who can offer any help to a person like this?

A person’s family may reject him, good fortune may abandon him – according to his perception – and human and natural forces may conspire against him, but he can, by the grace of God and the spirit of creativity within him, repel all opposing attacks and march triumphantly to the paradise of actual achievement

Even if you are defeated a hundred times, make up your mind that you will overcome the difficulties and win the crown of glory

Disappointment does not last forever, and frustration is a temporary test

God wants us to be victorious in life and to show the full power within us, so that we can successfully perform our supreme role on the stage of life

In Hell with a Sage

Once upon a time, there lived a devout ascetic on the banks of a blessed river He spent many years of his life in deep contemplation, but unfortunately, his efforts were not fruitful, and he did not rejoice in reaping a bountiful harvest of peace, despite his efforts in searching and investigating the secrets of life and the sources of happiness

Although our friend was surrounded all the time by a heavenly atmosphere in terms of beautiful scenery, kind souls, valuable books, and blessed circles of remembrance, his mind nevertheless continued to think of the most appropriate ways to rob people and harm them

That thinking was beyond his control and seemed to stem from ancient karmic causes The more he tried to banish those unwelcome thoughts, the more they invaded his mind, disturbing his peace and robbing him of tranquility

Finally, he promised himself, saying: "I will continue to pray and supplicate, and I will not stop until I am free from these disturbing thoughts that stab at the side of my peace during my meditation"

An hour passed, then two, and evil thoughts came to his mind like a hurricane, striking the structure of his contemplation and shaking it violently

Finally, after three hours of strenuous effort, the disturbing thoughts suddenly vanished from his mind, and in their place, he saw in a beautiful vision a saint of God standing in flesh and blood before him

The radiant saint not only appeared alive but also spoke with the utmost tenderness, saying:

"My son, in your previous incarnation you were a professional thief with no other concern than to ensnare others and rob them of their possessions But shortly before your death your conscience awoke and you resolved to correct yourself and promised yourself that you would change your shameful conduct and follow the path of goodness For this reason you were born into this life with a strong spiritual determination to be a good person, but nevertheless you also brought with you bad thoughts that were the focus of your life in your previous incarnation"

"It is unfortunate, my son, that you live in these blessed times, surrounded by good friends, circles of remembrance and contemplation, yet despite all that, you live in a hell of psychological anxiety and destructive, turbulent thoughts"

After a moment of silence, the guardian continued his speech:

"Therefore, according to the universal law, and because you have not done your best to take advantage of the spiritual opportunities available to you in this incarnation, unless you redouble your meditative efforts now, at the time of death you will have to choose between two things:

"Either live in heaven with ten fools or live in hell with one wise man, which would you prefer?"

The disciple replied without hesitation:

"O friend of God, I prefer to live in hell with one wise man because I know from my own experience that ten fools make hell out of paradise, while I believe in my heart and know for certain that if I am with one wise man, even at the bottom of the underworld he will help me turn hell into paradise"

Freedom of whim

Many feel that they should eat three meals of meat a day, while others are convinced that they should only eat vegetables and nuts and that they will get sick if they diversify their diet a little!

Such beliefs are a form of enslavement A person should not allow any of life's habits to restrict him, but rather possess the ability to

change his habits according to what wisdom suggests and what is right dictates

We must learn to live uprightly, using the power of free choice, driven and guided by sound knowledge

A person should be able to sleep on a soft mattress one night, and on the floor another night, with the same comfort

That wonderful escape from the constraints of habit is the liberation that the wise call for

Some people believe that freedom is doing whatever a person likes to do, and this is what I call the freedom of whim and desire

Because of a misconception about the true nature of freedom, some parents make their children slaves to habits by obeying their desires without discernment

On this basis, the child grows up believing that as long as his desires are fulfilled, he will remain happy and that the purpose of life is to satisfy desires

But he later realizes that he has been deceived The world outside the home is completely different from what he saw and became accustomed to inside the home

It is not easy to satisfy every whim in life! Others may push him aside in their frantic scramble to get what he wants, and he, in turn, also becomes petrified, hard-hearted in order to fulfill his desires and attain his cravings, believing that fulfilling physical desires is the ultimate goal of man, certain that this world is all in all

Parents must equip their children with a strong will and sound judgment so that they can make their way in the world without being influenced by its bad habits

* * *

We praise and thank God for the gift of each new year and for the hopes and promises of fulfillment it brings us

There is no greater power than sincere, heartfelt supplication to connect with God, to bring about wonderful changes in the lives of individuals and in world conditions, and to achieve peace and human fraternity

We pray to God that sincere individual prayers, lofty perceptions, and growing knowledge will transform into a blessed spiritual force that brings about real change on the ground

Bless us, O Lord, so that we may be guided by Your light and light enlightening lamps on the paths, and so that we may awaken Your love in our hearts and the hearts of others, and carry torches of living light and employ our talents in what pleases You and benefits people

Help us to make ourselves conduits through which Your cosmic energy and guiding light may flow to help others and alleviate their misery and suffering, for thanks to You we have the power to help humanity and ourselves

We are blessed so that we may empathize with those who are suffering

We spread good ideas and intentions throughout the world

May peace and brotherhood become a lived experience

From the sayings of the teacher Paramhansa Yogananda

People complain about the idea of giving up certain things in life, even though in reality they give up many valuable things, not least of which is peace of mind, and sometimes they even sacrifice themselves for money, which is subject to damage and loss

Surrender yourselves to God and you will find that your life has become like a beautiful rhythmic melody

Turn your attention inward from this world to the vast kingdom of God that is within you

In the ship of tranquility you can sail to that world beyond our dreams where the divine spring flows without ceasing from the depths of the heart and soul

Lord, help me to play my part in the play of life in a way that pleases You, whether I am weak or strong, sick or healthy, famous or unknown, rich or poor, knowing that You love me and will never abandon me

Wealth may be taken from a person, or they may be taken from it, upon their departure from this world, and they cannot take it with them Its true value lies in spending it on beneficial deeds and in bringing happiness to oneself and others in a way that pleases God and one's conscience

Those who think only of their own security and comfort, forgetting or ignoring the needs of others, are in reality courting the poverty that will one day be their lot Those who cling to their wealth instead of using it for good deeds do not bring themselves prosperity in their afterlife but are born poor, with the desires and cravings of the rich But those who share their abundance and prosperity with others attract goodness and plenty wherever they go

When you give to those who deserve it willingly, you will find that God is always with you and will never leave you and you will need nothing We must not forget that our lives are directly sustained by God and when we realize that our minds, our wills and our activities all depend on God and derive their strength from Him, then we will receive direct guidance from Him and we will realize that our life is one with His infinite life

Meditation provides proof of God's existence Once the waves of sensation are cleared from the mind's pond, divine bliss springs forth from the soul This bliss already exists within the soul, but it is veiled

Oh, Lord I will use my willpower and intellect To accomplish small things first And then I move on to bigger achievements

Even if all material ambitions are achieved Yet it only grants incomplete happiness — and by finding God I will discover inexhaustible reservoirs of joy And it never stops flowing and running In the gardens and evergreen meadows of the soul

House: Victory Square

If a person spends their life chasing one thrill after another, they will never know the taste of true happiness One should live simply and approach life with ease It is advisable for a person to spend time alone, reflecting on their own actions from time to time, and practicing inner peace, which brings healing, rejuvenation, and renewed strength

If distractions are constantly present and other stimuli bombard the senses, the nerves will suffer as a result, large amounts of vital energy will be wasted , and the soul will feel tense and distressed Furthermore, one should not be overly concerned with correcting others; rather, one should correct oneself before attempting to correct others

Let it be known that the home is the greatest battleground A person who is an angel in their home will be an angel anywhere

The sweetness of the voice and the peace suggested by noble behavior are needed more in the home than anywhere else

Just as darkness cannot remain where light shines, so too must the darkness of disease vanish

when the light of God shines in the body's cells , and few are those who realize this truth

When people feel a strong desire to heal , they pray with troubled hearts Or with a feeling of despair , assuming that God will not listen to their prayers Or they pray but do not wait So that they may know whether their prayers have reached God

Just as one cannot listen to music broadcast through the air using a faulty receiver, so too one cannot pick up the vibrations of health, strength, and wisdom emanating from God with a psychic apparatus malfunctioning with fears, worries, and all kinds of anxiety, doubts, and uncertainty

Let us remember and thank You, Lord, in times of need and prosperity, in sickness and health, in darkness and light, and in all circumstances Let us remember with gratitude the days of well-being You have bestowed upon us Help us to open the eyes of faith so that we may see Your blessed light, which heals all illnesses and ailments

I am the captain of my ship of good thoughts, my good will, and my fruitful, beneficial activity I will steer the ship of my life, always keeping my eyes fixed on the shining planet of peace in the sky of my deep contemplation

I will use my creative thinking skills to achieve success in everything I do God will help me if I also try to help myself

Today I will till the garden of life with renewed effort and sow it with the seeds of wisdom, health, contentment, and happiness I will water the seeds with faith and self-confidence, and I will await the

Almighty's bounty to grant me a just harvest Even if I do not reap the expected harvest, I will remain grateful and thankful for the peace of mind that comes from striving to do my best

I will thank God that I am able to keep trying until I succeed, by His grace And I will thank Him when I achieve my heart's greatest desire I will strive to do only noble and worthy deeds, seeking God's pleasure

The world is teeming with natural and human storms, and God is the strong shield and safe haven from the storms, hurricanes, and evils of this world Wherever God is, there is no fear or sorrow The true believer stands firm and proud in the battle of life and the struggle of events, certain that God is with him, protecting him from harm and never abandoning him for a single moment Thus, fear vanishes from his heart and certainty takes hold, a protection that cannot be imposed

Not being afraid means having faith in God and His protection, and having faith in His justice, wisdom, mercy, love, and omnipresence

Fear deprives a person of their psychological strength, clouds their mind, and impairs the heart's natural rhythms Furthermore, fear can cause physical disturbances and psychological illnesses Instead of succumbing to anxiety and psychological confinement, a person should assure himself that he is safe in the protection of God, the All-Seeing, the All-Hearing, secure in His

impregnable fortress, and encompassed by His mercy and care

Whether in the African jungle, on a battlefield, suffering from illness or poverty, one must convince oneself that God's hand is stronger than any danger and capable of protecting those who seek refuge in Him There is no more effective means of protection Of course, one must use reason in dealing with events while simultaneously having complete faith in divine assistance Faith never means being reckless or acting unwisely in the face of adversity Rather, regardless of what happens, one must affirm to oneself that God alone is capable of helping in difficult and trying circumstances if one turns to Him with all one's heart, soul, and senses

When difficulties descend like an avalanche, we must not allow them to paralyze our will or obscure our clear vision and wise, logical approach Rather, we must maintain our faith in God and our innate sense of right and wrong, and strive to find a way out With God's help, we will find it Ultimately, things will improve because God's power and wonders are hidden behind the contradictions of human life Those who do not accept the inevitability of circumstances and instead try to penetrate beyond the veil with their intellect and faith will find the door opened for them—a door that every believing hand knocks upon

Life is shrouded in darkness, and sometimes we stumble and hesitate to move forward We must let God's light be our guiding lamp as we walk through life's dark paths God is the full moon in the nights of ignorance and darkness, the sun of radiance in the hours of awakening, the beacon of guidance, and the guiding star for those traversing the seas of earthly, fleeting existence

Problems will persist in the world, so where can one turn for guidance and direction? One's thoughts, influenced by habits, prejudices, biases, and fanaticism, are of no use, and the influences of one's environment, family, country, or world are incapable of providing true guidance Therefore, one must turn to God and listen to the calm, serene voice emanating from the depths of the soul, a voice in harmony with truth

The difference between mental contemplation and spiritual introspection

If a person programs themselves with theoretical knowledge, they become like a walking recorder, repeating proverbs and lofty phrases, and others consider them learned and knowledgeable But such knowledge is not reinforced by a direct perception of truth, nor is it matched by spiritual attainment This kind of intellectualization or intellectualization keeps the "self" tied to the sensory mind, which is itself limited by the physical senses Theoretical knowledge cannot acquire divine knowledge, and it is advisable not to waste one's precious time on

theories that cannot be applied in reality, lest one find oneself lost in a dense intellectual jungle, unable to transcend the realm of theory

This process will not lead to knowing the truth because the truth lies beyond opinions and theories, and many who follow this approach become bound by their own subjective conclusions

If a person uses their mental faculties solely for acquiring money and material possessions, their consciousness will be drawn into the material world and become entangled in endless complexities Therefore, wise people say that a person should not dedicate all the mental abilities God has bestowed upon them to the pursuit of fleeting things, lest they lose themselves in the labyrinth of materialism and create unnecessary limitations and constraints for themselves Instead, they should use their mental faculties to obtain the necessities of life and strive to develop their moral faculties in order to distinguish between right and wrong, and between what is harmful and what is beneficial When they cultivate their spiritual insight, they will be able to sense God within themselves and ascertain the spiritual truths hidden behind the dense veils of materialism This state is called spiritual introspection

Whatever our concerns may be, God must always take precedence in our lives One of the most important elements of spiritual growth is the constant, heartfelt connection with God, through which you will personally witness a wonderful,

positive transformation that will deeply impress you

When a person wants to see a show , or buy new clothes or a new car , isn't it true that their mind is preoccupied all the time? With regard to those matters and how to achieve or obtain them? He will not rest until he fulfills his desires , and he will continue to work tirelessly to achieve those desires

Thus, the human mind should be preoccupied with thinking about God And then all the lesser, smaller desires will be transformed To a strong desire to feel God and communicate with Him

When the mind whispers to God a heartfelt, fervent whisper Emanating from the depths of a longing soul

The soul's call will touch the cosmic heart , and the answer will come, bringing with it great joy

Intellectual whispering cultivates willpower , until you possess enough strength to achieve the desired goal

When a person's mind and will are in harmony with God , they are charged with limitless power , so that merely thinking about something becomes enough to bring it about , because divine law works in favor of those who are in harmony with the supreme will

All the remarkable achievements in my life have been accomplished through the power of a mind in harmony with God When the divine generator is running, everything I desire comes to fruition without exception, first taking shape as an invisible, ethereal design and then manifesting with irresistible force in reality

The secret of growth

We grow through every experience we go through, as long as we realize we can learn valuable lessons from them For every pain and suffering we experience has meaning and purpose

Despite the harshness of trials, they are like fire that melts iron ore, transforming it into beautiful, strong, and versatile steel The wisdom we forge through the scorching flames of experience is truly remarkable Life purifies us, transforming our base natures into precious elements, allowing us to live with souls as pure as jewels, as strong as steel, yet flexible and resilient, bending without breaking under the pressures of adversity and hardship

When we see faces distorted by anger, scarred by brutality, their sight makes us yearn to banish the ugliness from our own souls—a soul untouched by anything but evil intentions and deep-seated grudges that obscure the blessed divine image within us, just as soot mars a mirror The painful actions of others should awaken in us the desire to improve our own behavior and control ourselves,

so that we may be masters of our unruly passions, not slaves to them

Kind words are a wondrous remedy for many ailments, possessing a powerful, almost magical, magnetic force that brings abundant blessings and prosperity to their speaker Those who use soothing, gentle words feel a subtle current flowing through them without interruption, their being filled with an abundance of tranquility This is because that current is connected to its higher source, ever-flowing and perpetually reaching souls in harmony with it They will then be able to transmit this flow of happiness to souls yearning for peace

Every day, a person looks in the mirror to see their face because they want to appear at their best to others How much more important, then, is it for them to stand daily with themselves and gaze into the mirror of inner analysis to discover what lies beneath the glittering surface! For everything that is outwardly attractive derives its allure from the inner self And nothing tarnishes the pure mirror of the soul like psychological distortions such as anger, resentment, envy, and hatred Whoever strives to free themselves from these compounds, alien to the nature of the spirit, will allow the light of inner beauty to radiate from within

Through analysis, we discover that human problems are threefold: there are problems and disorders that attack the human body, others that

attack the mind, and a third category that blocks the pathways of the soul

Illness, old age, and death are the difficulties and obstacles the body faces Psychological illnesses, however, invade the mind through sadness, fear, anger, repressed desires, resentment, hatred, emotional obsessions, feverish nervous agitation, and the psychological cancer that paralyzes mental faculties The most dangerous illness, however, is the illness of the soul, manifested in ignorance, from which all other diseases spring and spread

There is more good than evil in the world

When doubts creep in, we should remember the lives of great people It is true that we are human beings, but God has endowed us with extraordinary powers that we rarely use So why tremble in fear of old age, illness, and sorrow? We should do what we can to care for our bodies, but we should not succumb to fears or bury ourselves under piles of ignorance

The body is not the whole person

Good outweighs evil in this world because God is the ultimate power But when evil befalls us, we think we have no power to control it or escape its grasp

Storms of evil are bound to blow , but we can overcome their effects and rise above them

We were not given life to be destroyed by it, but to instill in us an awareness of eternity, and we must remember this truth

Without freedom of thought, one cannot express oneself in a pure, spontaneous, and natural way Remember that you are fundamentally free The power of the will is always free

If you use your willpower correctly, it will create good karma for you, but most people do not want to change and do not want to make the effort, so they crumble in the face of difficulties and are unable to face challenges

Doing whatever one pleases is not freedom, because humans are bound by their desires, and therefore their actions cannot be called freedom at all True freedom means doing everything with a will guided by wisdom A person can control the consequences of their past actions, which will inevitably follow them, if they activate their will and use it for good and beneficial deeds If you conduct your actions with reason and willpower, the forces of your previous wrong actions will weaken and the habits resulting from your good actions will be strengthened

We constantly desire what we lack and become attached to things that are not essential Once something possesses us, we temporarily lose our free will Just as Easterners are enslaved by ancient customs, so too are Westerners enslaved

by modern ones We create our own destiny and become bound by it

Why is one child born into a wicked family while another is born into a good one? Each of them used their freedom to live a certain way in the past (in a previous life) and thus brought those circumstances upon themselves in this life

There is no true freedom without God We must think of Him constantly Whatever our concerns and thoughts may be, God must occupy first place in our hearts , and when we are truly aligned with Him, we will be given the ability to accomplish what we must, at any time, with His divine help

Advice for the disciple

One of the students asked the teacher Paramhansa To give him some self-improvement advice, he said : If you want to be loved Start by loving others who need your love

And if you expect from others Be loyal and faithful to them so that they will be true to you

If you wish to prevent others from acting maliciously and cunningly , do not allow deceit to seep into your own thoughts , and do not act in a way that harms others

If you want others to sympathize with you Start by showing empathy towards them , especially towards those around you

If you want others to respect you , you must show respect to both young and old

If you want peace from others , you must live a life of harmony

If you want people to be religious , be spiritual in nature and let others feel that you are a good role model and that they can rely on you and trust you

In short, everything you want others to show One of the good qualities is to demonstrate it in your life first , and you will find that people will react to you in the same way

If you can identify the areas in your life that need improvement without becoming discouraged or developing an inferiority complex, and if you consistently work on enhancing your own character, then the time you spend on this will be far more productive than if you were to waste wishing others would improve themselves Your positive example and sound behavior have a greater power to change others than your wishes, anger, and words alone

O Lord, You are the source of all goodness and the origin of all power Bless us so that we may reflect Your blessings upon us in our health, our intellectual aspirations, and our spiritual expressions You are the radiance in the stars, the energy in the atoms, the kindness in hearts, and the beauty in truth Help us to fill ourselves with

Your supreme power, Your infinite wisdom, and Your boundless authenticity

Lord, let us recognize that You are the fountain of health, the ocean of life, and the source of all understanding and knowledge Free us from ignorance and its effects, from fears and worries, and let the flood of Your wisdom sweep away all the debris and rubble from our lives

Tear away, O Lord, the veils that hide Your face from us Let us see You as a light so bright, like countless suns on the horizon of our lives Let us feel You as an ever-renewing power that inspires our thoughts, nourishes our souls, sustains our bodies, and fulfills our dreams

Amen

Most people don't know why From their existence on this earth , they believe that the purpose of life It is the fulfillment of desires Obtaining the necessities of life Seeking pleasure and human love , and ultimately surrendering to the final caller

People begin their lives Programmers with specific inclinations and desires that were not fulfilled in the past And they try – with what little free will they have left – By imitating the desires and actions of others , if they associate with businessmen , they want to become like them , and if they associate with artists , art becomes everything to them

God wants us to be practical in this world He has given us hunger that requires us to work to satisfy it, but searching only for food, shelter, money and possessions means that man forgets the source of his happiness

It is true that we must work to obtain our needs and strive to achieve our legitimate goals, but first and foremost, we must open our hearts to God and seek His guidance and approval in all that we do Then we will surely succeed in the school of life, for we will receive our direction from the Supreme Manager and Provider who knows what we need and what is best for us Therefore, we must place our trust in Him and submit to His wise will

From the lectures of the teacher Paramahansa

When the inner happiness of the soul is obscured by a thick layer of fleeting sensual pleasures, the golden glow of the spirit dims, and the soul's transparent faculties are hidden behind the density of matter When one's mind is drawn to jealousy and envy, and shrouded in clouds of fear and worry, one becomes miserable, wretched, and defeated But when one directs the same attention toward love, peace, and harmony, one experiences profound happiness

The soul feels happiness when it turns from physical desires mixed with suffering and misery to

the transparent virtues of the spirit, filled with sublime delights

If the soul becomes completely immersed in coarse worldly pleasures, it becomes indifferent to the pursuit of higher joys and incapable of experiencing spiritual delights Many might argue that renouncing material pleasures is nearly impossible in this world or while living among people whose thoughts revolve solely around material matters However, it is not required of the average person to abandon the world and retreat to mountains and forests to find tranquility and peace Rather, they should remain in this world without allowing its powerful currents to sweep them away, lest they be overwhelmed by the turbulent waves of this life

A person should not be negative towards his surroundings, and at the same time he should not allow materialism to blind his vision, lest he lose touch with his spiritual nature and become unable to taste the joys of bliss and witness divine lights

Life, with its essence, components, and goals , is a difficult puzzle to understand but not impossible to solve , and with our progressive thinking, we solve some of its secrets every day

The devices based on precise scientific principles in this era are certainly impressive , and the discoveries that science brings give us a clearer vision of the ways in which life can be improved But despite all the equipment, inventions, and strategies we have , we still seem

to be like puppets in the hands of fate , and the road ahead is still long Before we are freed from the control of nature

Certainly, living at the mercy of nature is not freedom Our enthusiastic minds are overwhelmed and shackled by a sense of helplessness when we feel that we are victims of floods, hurricanes, or earthquakes , or when events snatch away from us – without logical reason – our loved ones close to our hearts We then realize that we have not achieved many victories , and we have not been able to overcome adverse circumstances For despite all our efforts to make life as we want it to be , certain circumstances will always appear on this earthly stage , and events directed by a mighty mind about which we know little , working completely independently of our opinions and will The best we can do is work and make some improvements

We grow wheat and make flour , but who created the first seed? We eat bread made from flour , but who gave our bodies the ability to digest it? And how to transform food into nourishment?

In every corner of life There seems to be an indispensable divine hand We cannot manage our affairs without it , and with all the certainties we possess We do not know when the heart will stop functioning Hence the necessity of bold reliance On the supreme divine power And relying on our higher self , emanating from that omnipotence Which we are modeled after

We must possess a faith free from pride , and walk confidently on the paths of life

Without panic and trembling , and without distress and confinement

Dealing with allergies

Overcoming sensitivity is a delicate art, and controlling one's quickness to react is important for developing a balanced and well-rounded personality

Sensitivity stems from misunderstanding, inferiority complex, inflated pride, and an exaggerated ego

When a person thinks their feelings have been hurt, that thought takes root in their mind, arousing their nerves, which then become tense and rebellious Anger ignites in their heart due to the wounded emotions However, some people have the ability to control their emotions, so their outward signs don't appear despite the intense rage within them Others express their anger through immediate reactions, evident in their eye muscles and facial expressions, and through sharp, coded verbal responses

Excessive emotionality has serious consequences; it complicates the situation and creates an undesirable instability that negatively affects others

Efforts must be made to exercise self-control and composure, fostering an atmosphere of understanding and harmony that promotes peace instead of tension and dispels the fumes of stress Those who do so will be masters of their own destiny and will be rewarded with appreciation and respect by those around them

Excessive sensitivity is a trait shared by most people, and when this irrational emotion flares, it blinds insight and clouds the eyes of wisdom Even worse, the overly sensitive person believes they are thinking, feeling, and acting perfectly, when in fact their behavior may be entirely wrong!

Many people believe they should pity themselves when criticized, and that self-pity provides them with some relief But like drug addicts, the more they take, the stronger their addiction becomes

A highly sensitive person often suffers needlessly More often than not, no one knows the cause of their distress or the nature of their grievance, leading to increased anguish in their self-imposed isolation Nothing can be achieved by silently dwelling on perceived insults or criticisms It is far better to address the root causes of such hypersensitivity through objective analysis and self-control

This type of unhealthy allergy has serious consequences; it consumes the heart like fire and

destroys the tissues of peace Therefore, it must be dealt with wisely, logically, and with a firm will

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I work hard to serve everyone, but when I retreat to my solitude for reflection, I don't allow anyone to disturb my contemplation Other matters can wait, but my daily appointment with God must not be neglected or overlooked

Before undertaking any action, pause and carefully consider the consequences and their impact on your mind, body, and soul Actions driven by compulsion are not liberation, as actions contrary to the laws of harmony and progress will restrict the individual Conversely, actions sanctioned by discernment and in accordance with one's conscience are virtuous and bring freedom

When you decide to do something good, or to refrain from doing something bad, and you stick to that decision and act accordingly, know that your share of freedom is plentiful

God wants us to use the freedom of choice that has been given to us to search for Him and find Him, but He does not want to impose Himself on us

The desire to get closer to God and to know Him does not come on its own, but it must be activated and nurtured Without that desire, life has no value or taste

Let your spiritual insight guide your thinking and success will follow you wherever you go

To God I dedicate my voice, my hands, my feet, my heart, my body, my feelings, my will and everything

Love is the spiritual weapon that ends all wars

Beyond this earth there are limitless worlds where we will meet again those whom we thought had left us forever

This worldly life is ever-changing sorrow follows sorrow illusions upon illusions This mirage that appears on the desert of our consciousness must vanish, and we must awaken our true selves from beneath the dense veils of matter

Do not try to base your hopes on this life Where is your guarantee? You are only safe when you take refuge in the knowledge of God

The essence of the soul is like ancient gold buried under the soil When the soil is removed from the gold and it is washed with the water of contemplation, it glows anew with complete purity and clarity

Lord, let us see what is good, think sound thoughts, and associate with those of good character Help us to think of You and to contemplate You, O You who are the source of all righteousness and the origin of all goodness

Freedom from weakness

The best way to overcome weakness is to stop thinking about it; otherwise, the idea of weakness will overwhelm your consciousness and dominate your inner self When we bring light into ourselves, darkness will vanish as if it never existed

That idea brings me wonderful inspirations

When light is introduced into a cave that has been shrouded in darkness for thousands of years, the darkness vanishes instantly Similarly, weaknesses and errors fade away when we allow the light of God to enter our consciousness, and the darkness of ignorance cannot remain This is the philosophy by which we should live

Procrastination is useless The wheel of life never stops turning, and the days of our lives pass quickly Every minute we spend thinking clearly and acting wisely is a successful and profitable investment in our happiness

Many people spend their whole lives thinking about money, sex, and fame, and rarely focus on the essential things that bring them peace of mind and raise their awareness to higher levels

No matter how humble a person’s role may be, he is considered successful in the eyes of God if he knows how to spend his time wisely and direct his thoughts in the right directions

When God’s light shines on a person, he does not feel that he needs anything because the joy that overwhelms him fulfills all his dreams and

makes him feel deep down that he is the richest of the rich and the happiest of the happy in this life

Tunnel of Light

Those whose spiritual awareness is awakened by enlightened thoughts, good deeds, kind feelings, and deep contemplation can sense their departure from the body at the final moment of departure through the spiritual eye During their earthly sojourn, the yogi practices seeing the tunnel of the spiritual eye at the boundary between matter and spirit, and at the moment of leaving Earth, they can enter this luminous tunnel and pass from this world to God's infinite realm of light, joy, peace, and absolute freedom

{Light upon light}

The lamp of the body is the [spiritual] eye

If your eye is single

Then your whole body will be filled with light

{And the light shines in the darkness, and the darkness did not know it }

Altruism is to feel the sorrows of others, to get close to them, to communicate with them, to sincerely try to console them in their misfortune, to rejoice in their joy, and to do our best to keep away the specter of fear, need, and anxiety from them

The one who possesses the spirit of altruism does not act according to limited calculations and

expectations, but uses his insight and sound judgment and proceeds to help himself and others, thanking God for the success he achieves If he fails once or several times, he does not feel discouraged, but rather becomes more determined, doubling his efforts and repeating the attempt, exploring new ideas and channels, guided by the light of reason, and seeking God’s help until he achieves his goal and reaches his noble purpose

He who works to make others happy is made happy by God with an inner feeling of psychological comfort And if he loses something for the sake of those he is trying to help, he does not consider it a loss because in return he gains God’s pleasure and peace of mind He lives to love, work, give, and sow the seeds of goodness and peace in the fields of humanity

Whoever transcends his personal world in his thoughts and feelings expands his awareness, increases his empathy, and feels that the world is his home and humanity is his family He realizes that the purpose of his existence on this earth is to reform himself before trying to reform others, because whoever reforms himself helps others to reform themselves through the example of his life Actions have a deeper impact and a more profound effect on the souls of others than words

Short stops

The brilliance of sincerity:

Some people try to escape their problems by smiling, but this kind of escape requires a pure conscience, free from hypocrisy and deceit When a person deals honestly with themselves and others, and acts with nobility and integrity, their eyes become clear, and a unique radiance emanates from them—the unmistakable glow of sincerity

Honesty:

Some people say many things in the name of honesty, but you can't speak to everyone about everything When you offer advice and guidance, some people misunderstand your words and gain nothing from what you say; this is a wasted effort and an unappreciated endeavor Silence in such cases is golden, but this by no means means remaining silent about wrongdoing

Self-harmony:

Self-harmony is truly wonderful Most people know how difficult it is to be in harmony with others, but have you ever thought about being in harmony with yourself? It's incredibly difficult, yet possible If you analyze yourself, you'll find that you're constantly at odds with yourself If you don't love yourself, you won't love anyone else And if a person isn't in harmony with themselves, how can they be in harmony with others?

Self-harmony is vital for harmony with the world Therefore, it is essential to value and love yourself, for you deserve that love One must love

oneself because God created us and endowed us with noble potential Loving this inner self, this essence brimming with virtuous qualities, inspires noble conduct and purifies the mind from impurities and the heart from malice and resentment

Calibrating the literary compass:

One cannot deceive one's conscience, justify wrongdoing, or escape the consequences of misguided behavior, even if one were to travel to another planet The results of one's actions accompany one, and one must correct one's course and calibrate one's moral compass so that its needle always points in the right direction

Some people live in the worst conditions and yet are in great harmony with themselves, while others have every opportunity and everything they need and yet are in perpetual conflict with themselves Therefore, one should not wait for circumstances to change Convince yourself that you are okay despite your environment, which may be different from what you wish for

Whoever puts himself at the mercy of circumstances He waits for things to change, and his wait will be long

It is said that a man was fluent in eighteen languages, yet he was so poor that he couldn't afford a lamp to read by So he would go to a corner and sit under a streetlight to read Truly,

willpower creates means, forges opportunities, renews hope, accomplishes tasks, and fulfills wishes and dreams

Actual communication with those who know God can be done through personal contact with them, reflective reading of their writings, or deep and friendly contemplation of them The important point to remember It is in harmony with their consciousness, which is in harmony with God

When we align our consciousness with great souls who love God, this harmony gradually transforms our lives in a most wondrous way This harmony does not enslave the will but rather expands its scope and strengthens its power This is the difference between being in harmony with people filled with ego and preoccupied with what they can gain, and being in harmony with lovers of God and humanity whose aim is to give and awaken divine love in the souls of those who are in harmony with them The magnetism of these blessed individuals brings us into close contact with divine magnetism

We must keep in mind that while we strive to meet our own needs, we must also help others obtain what they need and share with the less fortunate the good things in life that come our way Let us remember that we are an integral part of the global family and that we cannot live without this large family

What would life be like without carpenters, inventors, farmers, and others? Through giving and receiving, and exchanging services, God wants us to think about and empathize with others It is a grave mistake to live only for oneself without considering others When we think about our own happiness, we must also think about the happiness of others We are not required to give everything we have for the well-being of the global family, as that is impossible Rather, we should empathize with others and do what we can to help them and alleviate their burdens

There is a relationship between success And between the satisfaction of the soul , within the context of the environment in which the individual lives

True success is the result of conduct consistent with the principles of righteousness, and it includes the happiness and well-being of others as an integral part of personal satisfaction Anyone who applies this principle to their material, mental, moral, and spiritual life will find this definition of success to be complete and comprehensive

People think about success in different ways depending on their goals in life Occasionally, some people equate it with theft, saying things like, "He's a successful thief!" This shows that not all success is desirable; our success shouldn't harm others

Another qualification for success is bringing harmony and positive results , not only to ourselves , but we must also share those advantages with others

Achieving financial success doesn't just mean enjoying what we deserve; it also means having a moral responsibility to help others create a better life for themselves Anyone with intelligence can earn money, but if they have love in their heart, they won't be able to use that money selfishly; instead, they will share what they have with others

Money becomes a curse in the hands of miserly and stingy people, but it is a blessing and a gift to those with generous hands and kind hearts

Good souls attract good souls and are attracted to them

We must learn to love our neighbor as ourselves and remember that we are here in this life for a short time, after which we depart to another world whose level depends on the level of our thinking and the quality of our actions during this earthly stay

Who are our true relatives? For the wise person, everyone is a relative, and each one is a "neighbor" Of course, the wise person is capable of discernment and understands that although the sun shines its light on a piece of coal and a diamond, the diamond, unlike the coal, possesses the unique ability to receive and reflect light

brilliantly One should seek the company of those whose thoughts and feelings are as pure as a diamond and should dedicate time to finding sincere friends Those who live a clean and honest life will attract friends characterized by cleanliness and honesty, while those who live by base instincts without discernment will attract friends of the same ilk

If you value high ideals and lofty principles, it is advisable to avoid associating with people who do not believe in those ideals and principles and who confuse thoughts and disturb the mood, so that their vibrations do not lower your vibration level At the same time, do not exclude anyone from your circle of love

In addition A person should not only give love , but also make peace, so that wherever they go, they create harmony and tranquility, refreshing those around them with their kind presence No one wants to go near a foul-smelling skunk—excuse the expression—everyone avoids it Similarly, a nervous, impulsive, and argumentative person annoys and repels others We want to be like blooming roses that exude a sweet fragrance that delights the heart Let us strive to spread the scent of peace and the breezes of goodness wherever we go and wherever we reside

The kingdom of God is not amidst the clouds or in a specific place in space It is beyond the darkness we see when we close our eyes, and when we meditate and pray, the eye of the spirit

located in the forehead opens within us, and we see a blessed light and feel joy permeating every cell of the body, and we sense that the veil has been lifted and a secret door has been opened to the kingdom of God

God is an ever-renewing joy, a joy that is all-encompassing We must feel one with that joy that dwells within us and surrounds infinity

Beyond the vibrational boundaries of dense matter lies infinite, all-encompassing consciousness, beyond description in all its glory, vastness, and boundlessness This is the kingdom of heaven, an eternal, boundless, and endless conscious bliss

When the soul's perceptions expand , and it feels its presence everywhere , it then unites with the divine spirit

Glory to the Absolute Infinite , enthroned on the horizon , where heaven meets ocean And glory to the Supreme Infinite , enthroned on the peace within us ; by focusing on the Infinite within , we can receive its boundless power

Knowledge obtained from studying books or from people is limited knowledge, while knowledge obtained directly from God grants the power of wisdom, the splendor of certainty, the tranquility of the heart, and the peace of the soul

O Lord, teach me to pray with deep concentration and to blend meditation with

heartfelt longings and let my heart be cleansed daily by my pure love for You

Breaking free from the constraints of karma

, whether mental or physical , conscious or unconscious , has a specific impact on a person's life Past actions are not only those performed days, months, or years ago , but also actions from past lives

You were dead, and He gave you life; then He will cause you to die, then He will give you life again; then to Him you will be returned

The good and bad effects of one's actions In his present life, these traces remain stored in the unconscious or subconscious , and the effects that a person carries (or that his soul carries) from previous incarnations lie dormant like seeds in the unconscious , awaiting the right circumstances To sprout and grow at a specific karmic time The law of karma, which balances things , involves action and reaction , cause and effect , sowing and reaping

Every person shapes their own destiny through their thoughts and actions, and the energies they unleash, whether wisely or foolishly, inevitably return to them as their starting point, just as a circle completes itself with perfect precision [The question is] must the willing seeker face—against their will—the inevitable consequences of their past actions, or what is

called predestination? The answer is no God is law and love , and the seeker who turns to Him with sincere longing and complete faith, aligns their actions with divine law, and seeks God's unconditional love will undoubtedly receive the divine blessing that lightens heavy burdens and improves circumstances

God placed us in this world full of illusions, and He knows our suffering and the trials and tribulations we endure Human beings deepen the inner darkness of spiritual ignorance when they consider themselves drowning in sin and powerless to escape its depths It is better for them to strive to correct themselves, seeking help and compassion from the heart of divine mercy, hoping for forgiveness from the loving, compassionate, and forgiving God

When we realize our close connection with God, what karma can bind us? Don't let anyone convince you that your pain and difficulties are the result of your karma As a spirit in your essence, you have no karma Rather, you must realize this truth by affirming to yourself that you are one with the essence of life, light, and cosmic forces If you realize this fact, you have nothing to fear , and God will open many doors for you and provide you with many opportunities

If you are uncomfortable with the way your life is going, change your mindset and charge your senses with positive energy and you will feel the difference yourself

There is no need for people to lament and grieve over what they have missed, or to attribute their unhappy circumstances to mistakes they made in this life or in the distant past, for this is a form of spiritual neglect They must act and uproot the weeds from the garden of life, and then the sweetest and most vibrant flowers will bloom and bear the most delicious and desirable fruits By His grace, the Most High

Submitting to God does not mean not using our will to improve our affairs and waiting for God to sort out our situations without any effort on our part, for God helps those who help themselves

The point is that we learn how to go to God to guide our will and bless and strengthen our right efforts When we overcome the obstacle of unwillingness to surrender, we find in God the protection that no one in this world can give us, and we also find a strength that no test can overcome

Everyone can establish a special relationship with God if they know how to open their heart to God and long for His divine presence, which brings joy and certainty

When a person feels a deep need for God, knowing they cannot do without Him, they will find that God responds in one way or another But they must first cultivate that strong feeling, because the response will not come spontaneously

If we do not give God the first place in our lives, our state of consciousness will be anxious and confused, and we will not be able to deal logically and properly with the endless demands of life

And what is the way to develop that desire? Every time we face misfortune or hardship , and every time we feel a heaviness in our hearts , we must turn to God and ask for His help , knowing that whoever loves God And he preserves it in his mind and heart His situation will improve His situation is changing for the better

When we stir and churn the ether With our heartfelt prayers and sincere appeals We will extract the essence of the divine response Which contains food, healing, and happiness

For those who crave spiritual nourishment , past frustrations and failures are irrelevant Lessons can be learned from them , and one can try again , repeating the attempt from the beginning Success will be guaranteed, with God's help , for all who are not discouraged by failure , whose resolve is not weakened by tragedies , and who believe with unwavering faith That God supports those who persevere Those who are on the right path , and He provides them with hope, strength, and optimism , until they reach their ultimate goal And achieving the purpose of life

Thought is a force like electricity , and psychological states It goes back to thought and way of thinking

Electricity is both beneficial and harmful ; whoever uses it wisely puts it to their service Otherwise, it might electrocute him And so too thought If it is directed in the right paths It brings happiness to its owner , otherwise it brings him trouble

Thought is like a wild horse , yet taming it is not impossible , and positive thinking is one way to control thought

Sound thinking is a close friend And a sick mind is a constant enemy

Sound thinking attracts peace and safety , while unhealthy thinking fires deadly arrows that rebound upon their owner twofold Hence the saying, "The reward is of the same kind as the deed" As long as one sends out good intentions , his thoughts will turn into torches , illuminating the chambers of the soul and driving away the heaps of darkness , so that he feels deep comfort , and his eyes shine with a smile of contentment! May the smile last in your eyes And peace be upon you

Life is like a mill that grinds The seeds of fruitful testing and experimentation , to make the bread of life It is like a winding road , with lush flowers on either side bright butterflies And trees with delicious fruits on their branches , yet we

rarely stop Let us enjoy its sight and savor its sweetness ; indeed, we are often on tenterhooks To reach wider areas , we think there are more pleasant views than what we saw But as we gradually move away On flowery, fruitful paths , we find trees that are more dark than fresh , and then the flowers disappear And with it, butterflies and also fruits , only to find ourselves then in the barren desert

Human life is like the waters of the seas , which are purified and become fresh Only when you ascend to the upper atmosphere It is like a morning dream , growing brighter with age , because things then seem clearer and more distinct It is like a journey in that the scenery changes as we travel distances Then the same scenery changes as we get closer to it, and so on

Life does not disappoint the wise , for they deal with it skillfully and enjoy it Without allowing it to take control of them and deprive them of their freedom For example, they enjoy water They drink it and bathe in it, but they do not allow themselves to drown in it They enjoy the clothes they like Without excessive adherence to formalities and formalities that are considered superficial They enjoy eating without allowing gluttony to consume them , because overeating weakens the body And it devours perceptions And he will destroy it utterly And so, a person should enjoy life But without exhausting the senses through immersion

getting along with others It does not mean agreeing with them on everything , or sacrificing ideals for their sake , because this style of conformity is undesirable and does not align with the truth The reformers and the great men did not agree With so many people around them , they nevertheless held fast to their ideal , because they realized that what they were doing That was absolutely right

First and foremost, one must be in harmony with God , then with one's conscience, and then with people

The principle should not be compromised And not resorting to ulterior motives to achieve a certain purpose , because that is not befitting of principled people

Who can live in a way that pleases God? Do not harm others, for they have nothing to fear If this approach does not satisfy others , it is enough for a person to be comfortable inside and feel a sense of inner peace that makes him independent of people’s approval

The strength and desire of the soul In turning to God It is called spiritual magnetism And with this magnetism The soul attracts blessings to itself and fine vibrations And all good human experiences Which reminds her of goodness and righteousness

spiritual magnetism It is the power by which It attracts and draws the person to itself Good friends And essential and important things And an intuitive understanding of things This power is derived From the attractive magnetic force of God

Candle of Peace

Take a mental pot Fill it with your peace

Take the bottle of my feelings Fill it with Your mercy

Take my empty soul basket Fill it with the fruits of your wisdom

Pour the waters of your love into my soul I will pour it into the cups of the thirsty soul

Tear down the walls of ego Immerse me in your total presence

The ray of dawn of love

Let him peer out from the openings of my heart

It reminds me of the sunlight of your love

Spreading across the sky of my life

The radiant light of your love has shone forth

Upon myself, and it was enlightened

Your light filled my spiritual space

You are the life that sustains my body

And the mind that inspires my thoughts

And the wisdom that dispels my ignorance

I light the slender candle of my love

To read the golden book

Preserved within me since ancient times

Your love was and still is

The invisible candle of peace

Which dispels the darkness and shows me your messages

The blog is on the pages of hearts

Let your glory be revealed, O Lord

May the light of your wisdom dispel

Ignorance, discord, and envy

From the shores of the earth forever

Turn our weakness into strength

And we weakened into resolve

Charge our bodies with vital electricity

And fill the mind and soul with your healing light

Take our hand so that we do not drown in the waters of heedlessness of You, and fill our being with Your love and wisdom Let us feel that we are

very close to You and that the sun of Your mercy shines upon us constantly

I place the blossoms of my whispering, vibrant thoughts

In the structure of stillness

Her silent fragrance sings

And he sings of your glories

And with the radiance of your holy light

I see the beauty of your existence

My happy dreams come true

When your light flickers in my soul

The veils are ablaze with the fire of wisdom

I see your glory, and my joy increases

May God illuminate you with His light

And greetings from the soul to you

There are many demands and requirements that the world imposes on us and convinces us of their utmost importance and the impossibility of living without them or being able to do without them But the basic requirement must be to obtain the peace of God, whose sources never dry up and whose wellspring never runs dry, and which gives everything in life taste and meaning

Let us remember that God is the essence of our being, and that love is the window through which we gaze upon His glorious countenance Whoever desires to feel the divine presence and nurtures that sublime longing in thought and deed, God will grant their request and help them tear down the veils that prevent them from beholding the blessed lights

Whoever is determined to move forward on the path will not be deterred by anything, nor will any obstacle hinder him until he reaches his goal and attains the desire of his heart

Spiritual Pearls and Gems

Those who expose the weaknesses of others and cause them embarrassment and resentment are far from wisdom and sound judgment We should despise the sin, not the sinner, for he is our brother in spirit, despite the darkness of ignorance that envelops and surrounds him The purpose of condemnation should be healing, not gloating and wounding We should treat our sinful brother as we would wish to be treated if we were in his place and situation

Whoever conceals the faults of his brother in this world, God will conceal his faults in the Hereafter

Just as we judge others, spiritual law judges us to the same degree We should not expect too much from others, nor should we always expect

good results from anyone, even if they are doing their best

A person may fall and stumble, but he will remain safe as long as he does his best to climb the ladder of virtue and righteousness again

Every day we should try to lift the spirits of the patient physically, psychologically, or spiritually in our environment, just as we help ourselves or our family members

Whoever tries from today to live according to divine laws - instead of the old selfish life that brings hardship and misery - will find that no matter how humble the role he plays in life, it remains an important role as long as he performs his duty to the fullest extent according to the direction of the director of the cosmic play and the master of all our destinies: God Almighty

When we interact with others with genuine sincerity, true love, and consideration for feelings, we will bring good friends into our lives without personal interests or selfish calculations having the slightest consideration; otherwise, we will not be able to recognize our true friends

It is necessary to get rid of hypocrisy and pretense, and to act in a way that does not intentionally harm others

Friends should not be angered, belittled, or antagonized, nor should they be given any reason to harbor unfriendly feelings toward us Friends

should not be mistreated, exploited, or given unsolicited advice unless asked for it When advice is requested, it should be given sincerely and kindly, without fear of repercussions Friends help each other through constructive, brotherly criticism

Difficult life experiences don't come to paralyze our will and defeat us, but rather to sharpen our resolve and strengthen our faith in God and our self-confidence Some people mistakenly believe that these experiences and challenges are insurmountable destructive forces, and so they give up A healthy mindset is essential to activating our inner strength to effectively deal with life and its trials

If a person doesn't compete with someone stronger than themselves, they won't become strong Similarly, when we face our difficulties with courage and mental fortitude, we become stronger and more resilient

Our minds are an integral part of God's all-encompassing consciousness Beneath the wave of our consciousness lies the ocean of His infinite awareness When the wave forgets that it is part of the greater ocean, it separates itself from that oceanic power As a result, people's minds become weakened by material limitations and are no longer capable of fruitful work and abundant production When minds shake off the dust of ignorance and break the chains that bind their powers, they will become more capable of creativity and positive interaction with life

When you hold fast to a particular idea and imbue it with strong will, that idea transforms into a dynamic force And when thought becomes dynamic, it can create the right environment for success, according to the unseen map drawn in the mind

People fail because they give in to harsh life circumstances without resisting them, instead of resisting them without giving in

It is necessary to exercise and activate willpower

Those who enter the sanctuary of tranquility can communicate spiritually with other souls who love God, and they can understand the language of roses and all living beings

O Lord, be the sole King enthroned upon my love and longing

Those who meditate experience a profound sense of peace, and this inner tranquility should be maintained even in the company of others What one learns in meditation should be practiced in daily activities and interactions with others, without allowing anyone to disturb one's peace or tranquility

When you want to create a good habit or eliminate a bad habit, focus on the brain cells where the mechanisms of different habits are located

To establish a good habit, first sit quietly and meditate, seeking divine help Focus your mind on the center of willpower, located in the forehead between your eyebrows, and firmly affirm the habit you wish to instill in your brain When you want to eliminate bad habits, also concentrate your attention on this center of willpower and firmly affirm that all the grooves where those habits are entrenched are being erased With focus and willpower, you can erase even the deepest grooves of deeply rooted, old habits Reassure yourself repeatedly that you have enough willpower to uproot unhealthy habits from the brain region

The most appropriate time for such an affirmation is early morning when the will and attention are alert

Keep affirming to yourself that you are free from all dictates and one day you will find that - With God 's help - you have already freed yourself from the habit you wanted to get rid of

Whatever you fear, banish your thoughts from it and leave it to God Strengthen your faith in God and trust that He is able to help you

Much suffering stems from worry and anxiety Why should you suffer when what you fear hasn't even happened yet? Imagine God's protective light surrounding you on all sides, and you will feel His wondrous protection

Since most of our anxieties stem from fear, if we eliminate fear from our lives, we will feel free and healing will be immediate Every night, right before going to sleep, affirm to yourself that God is with you, protecting and watching over you

In this cosmic drama, humans of all races enact the story of life on the stage of time We must understand the meaning of life without becoming overly preoccupied with or over-obsessed with our fleeting roles

Our perception of life is often distorted and deviant because we look with the eyes of selfishness and limited horizons If we looked with the eye of the soul, we would see things from a completely different perspective

When we open the eye of wisdom, we see the all-encompassing light of God, and in that light we perceive our spiritual nature, which is a reflection of the nature of the universal consciousness that permeates all the particles and parts of the universe

Spiritual truths surround us, knocking on the doors of our closed eyes, urging us to see the light instead of darkness, to act with wisdom rather than ignorance, to fill our hearts with love rather than hatred, and to cooperate in establishing peace and bringing abundance and security to our world When we do that, ignorance will vanish, situational differences will disappear, we will see unity in the

census, and we will become more in harmony with the divine will

Our relationship with God is not a cold or loveless one, like that between an employer and an employee We are His family, His care for us is constant, and He listens to us always We are an integral part of His being, and our relationship with Him is alive and vibrant

Our Creator has endowed us with an inexhaustible wealth of love, understanding, insight, goodwill, and spiritual strength, yet most of us have squandered this wealth on nothing God desires us to live in security, peace, and friendly cooperation, as befits a noble and loving family, but greed and selfish calculations have taken root in our hearts and sown discord among us

God wants us to be masters, but we have chosen to be slaves

Man has strayed far from his heavenly home and lost the inner paradise of feeling close to God and God close to him, and he will not be able to regain that paradise without personal effort

God created us in His image, but this truth has escaped our minds We have succumbed to the illusion that our destiny is hardship and our fate is annihilation We must tear away the veil of illusion with the dagger of wisdom to see the radiant truth behind it

Who are we and what is our true nature?

Humans have obvious differences, whether in their psychological or emotional makeup, the roles they play in life, the work and activities they pursue, or the desires they feel But beneath all these differences lie two things that every human being wants and needs without exception One is freedom from all forms of pain and want The other is complete and lasting happiness—complete contentment, where peace, love, wisdom, and joy reside

In truth, what humans strive to attain is God, whether they use that name or not The wise say that God is the essence of bliss and the spirit of happiness And one will not experience complete contentment unless one draws directly from the cosmic source This is a pivotal point for understanding the human condition

But where do people look for what they seek?

They seek it only in worldly things: in possessions, external circumstances, and relationships with other people But it is impossible to find it in anything, anyone, or any circumstance in this world, given the very nature of creation

Creation is based on the principle of duality It is impossible to have a picture in only one color, as there is no way to do without its opposite Similarly, it is impossible for any aspect of existence to exist in isolation from duality However, upon examining the desires that motivate people, we find that each of us desires only good, pleasant, beautiful, and

positive things, without the slightest desire to deal with anything unpleasant or undesirable But that is impossible

In this dualistic world, there is no pleasure without pain, no light without darkness, no good without evil, no life without death The two sides of the coin are inseparable This means that what we yearn for deep within ourselves cannot be obtained from this world

People search—yes, they search with all their might—but they are unable to find what they seek, which breeds despair and hopelessness This leads not only to despair but also to great resentment and intense anger, and consequently to acts of violence All of this happens because they are not looking for what they seek in the right place, and as a result, they do not find what their hearts desire

People in our time do not know much about the meaning and purpose of life, and therefore they suffer from confusion and bewilderment

By nature, humans are purpose-driven beings If they lack a purpose in life, and if their minds, energies, will, and emotions are not directed in a positive and constructive way, they will turn to destructive paths such as alcohol and drug abuse, resorting to violence, and so on The ultimate goal of life is knowing God and it is incumbent upon individuals to harmonize their roles and external activities through righteous actions, sound

perspectives, positive attitudes, and the beneficial channeling of their emotions

These two aspects of our nature—the inner or spiritual aspect and the outer aspect—are not contradictory if understood correctly Rather, they support each other and help us develop and enhance our physical, psychological, emotional, and spiritual capabilities and potential

People live in a great void, devoid of intellectual stimulation or psychological stimulation They feel bored due to a lack of purpose and the absence of anything that could give their lives value and meaning The average person may be able to function and behave as if they were psychologically and mentally sound, but are they happy?

The primary purpose of life is to know who we are and what our true nature is If we give the deeper aspects of life the attention they deserve, we will inevitably feel happiness, because human happiness is linked to connecting with one's spiritual self, without which one has no existence or being

The fear of failure or illness is nurtured by constant thinking about it until the idea of failure seeps from the conscious mind into the subconscious and eventually reaches the higher consciousness Then, the fear, entrenched in the subconscious and higher consciousness, begins to multiply and grow until it fills the conscious mind

with weeds of fear that are not as easily eradicated as the initial thought when it sprouts These harmful weeds eventually bear poisonous and deadly fruit Fortunately, its roots can be eradicated from within by focusing strongly on courage and instilling in the awareness of absolute faith in God and that He is able to help those who wish to help themselves and protect them from harm

Once upon a time, a small bubble was floating on the surface of the sea , wary of storms and lightning , when she heard a voice whispering to her : “Little bubble of life, what is wrong with you?”

Don't you know that you are part of the ocean of life? The little bubble looked around and realized that fact

Human consciousness floats like a tiny bubble On the surface of the sea of cosmic consciousness , thinking it a temporary bubble , trembling with fear of sickness, poverty, and death Oh bubble, do you fear the ocean ? Look around you observe carefully Shift your perspective from your immediate surroundings to God's infinite realm Delve deeper, broaden your understanding , so that you may know and be certain That you are one with His vast sea , and that God is with you He protects you , he sustains you , now and forever

Avoiding traps and snares

Whenever you feel a strong desire in your heart urging you to fulfill it, use discernment and

ask yourself, "Is this a good desire that can be fulfilled, or a bad desire that should not be honored?" Unhealthy material desires encourage our bad habits by giving us false hopes and illusory happiness In such cases, the power of discernment must be invoked to reveal the truth Bad habits ultimately lead to unhappiness When their true nature is exposed, they become powerless to ensnare a person in the traps of suffering and the snares of misery

Reflections and stories

In life and in death, in sorrows and calamities, my faith in You, O Lord, remains strong and unwavering, firm and unshaken

Every breath of my longing and supplication opens doors and windows in my soul through which I pass to God’s bliss

Just as the sun shines on the most crowded places, so I will see the rays of divine love in all areas of my life and daily activities

Bless me, O Lord, so that I may awaken my soul with the dawn and bring it to Your blessed threshold

The story of the musk deer

Musk is a precious substance with a strong fragrance, found in the navel of the musk deer that lives in the high Himalayas

Once the deer reaches a certain age, the captivating musk begins to seep secretly from its navel, and the deer becomes agitated by that attractive fragrance and begins to dance and search for the source of that pleasant scent

It moves from place to place, sniffing between rocks and under trees, searching everywhere for the source of that exciting scent

Finally, he becomes angry and more agitated and anxious when he is at a loss for words and is unable to find what he is looking for with longing and passion

In a final attempt to reach the source of the musk, it jumps from the towering rocky cliffs into the deep valley to face its fate and meet its death, at which point the hunters are able to catch it and extract the musk sac or gland from it

In this regard, one of the enlightened poets recited something to the effect of:

O musk deer, you fool!

Why are you suffering? Why are you sleepless?

This musk is available

With your belly sack, you fool!

Even if you touched with your nose

From you comes the secret fragrance

You would have won what you hoped for

And you lived without spending

Don't you think, my friends, that most people behave like musk deer? They are always and forever looking for happiness everywhere outside of themselves

Yes, they seek happiness in play, and indulging themselves to exhaustion in desires and cravings They climb the slippery paths of wealth until they ultimately jump from the cliffs of high hopes to the rocks of frustration and failure when they are unable to find the true happiness stored in the deepest recesses of their souls

If we turn our thoughts inward, and reflect deeply, we will find in the tranquility of the soul the source of true and lasting happiness that we seek

We must not be like the musk deer, perishing in the search for happiness in the wrong places Rather, we must be vigilant and try to find happiness within ourselves, not outside of ourselves

The Story of the Button

Once a man came to me and said that he suffered from a chronic heart condition, and added:

"I have tried many things, but I am unable to get rid of the heartache"

After thinking calmly, I asked him to bring me scissors He looked at me tremblingly and said:

"Do you intend to cut open my heart, sir?"

I laughed and replied, "I am not a doctor Have you ever heard of a person using scissors to perform surgery?!"

Finally, he reluctantly brought scissors, so I cut off one of the buttons on his coat and told him not to sew another button in its place, and not to put his hand on the spot where the button was missing I also told him to come back to me after two weeks, and I expected that he would recover during that time

The man laughed and said, "I will do as you asked because I trust you, but I think it is the strangest medicine I have ever been prescribed!"

Two weeks later he came running to me and said, astonished:

"The specialists assured me that I was cured of heart disease So, for God's sake, what did you do? Did you pull a genie out of a button?"

I replied with a smile: "Yes! Your hand was constantly playing with the button, and the button was aligned with the heart"

That button was the genie that was causing your heart pain So I cut the button and told you not to replace it or put your hand on your heart That way, your heart was relieved of the pressure and stopped hurting you!

Everything is moving quickly, and people are busy with many things Naturally, it's better to reap the world's bounty than to waste time, letting the season pass you by and ending up empty-handed But what one should reap is life's richest harvest: drawing closer to God and getting to know Him The only way to achieve true happiness is to accomplish something in this world and also to achieve spiritual success

Those who know God do not begin their daily duties before first meditating on God and charging their minds and bodies with blessed divine energy

The world's many demands can deter those seeking their spiritual goals and divert them from their chosen path But those with unwavering resolve do not allow anything to push them off course; they persevere with determination regardless of difficult or adverse circumstances

No matter what the world gives us, it will not satisfy the longing of our hearts, which yearn for something more stable, greater in importance, and more precious than all that the world's treasures and riches contain

When a person dies—may you live long—no power on earth can do anything for them Who can help us after we leave this world? God Therefore, we must always remember that this world is merely a temporary stop on our journey to our heavenly home, where we will live forever in the presence of the Most Merciful

Excessive wealth does not guarantee health, peace, and effectiveness, but attaining peace and effectiveness will lead to balanced success on both spiritual and material levels

Most people develop mental efficiency solely to achieve material success But when a person becomes master of himself and manages his psychological powers and acts in accordance with the divine plan, his life will be blessed, and he will taste the nectar of the spirit while on this earth He will no longer be a prisoner of habits and desires, but his consciousness will be transformed into the heart of the divine presence, and he will dwell there enjoying renewed pleasures that defy description

The body is the greatest pharmacy

Medical researchers have discovered that when we experience overwhelming joy, the body produces antidepressants and other stress-reducing substances that are just as potent and effective as those prescribed by doctors The body is the greatest pharmacy on Earth, capable of producing the right thing at the right time when we are in harmony with the spiritual balance God has placed within us

Not all stress is harmful; stress awakens the vital energy flowing through our bodies and stimulates activity and movement Studies have shown that a reasonable amount of stress is beneficial

But the problem arises when stress exceeds a healthy level

Each of us has a personal limit to stress, and when that limit is exceeded, we become more stressed than we should be, and we may not be aware of it until problems begin to appear in the body, emotions, and mind

Life with God is joy and happiness, while without God there is anxiety, turmoil, hardship, and even disaster So how can we find peace and tranquility in a life dominated by calamities and tragedies, and bring some bliss to this earth?

The first requirement is to be aware of life's pressures when we are under their influence

God is All-Wise and All-Knowing, and He has endowed our bodies with signals such as comfort, discomfort, tranquility, and anxiety, and we must pay attention to these signals There is a divine intelligence within our bodies that tries to tell us something, and we must listen to these messages during times of stress or rest When you feel stressed, focus your mind on the part of your body that is experiencing stress, then take a deep breath and, at the same time, gently tense that part until it vibrates Then relax and release the tension This will help maintain energetic and vital balance in the body and protect it from the harmful effects of stress

We can also manage emotional stress through breathing When you feel fear or any other harmful emotion, breathe in and out slowly, deeply, and rhythmically several times, allowing your body to relax with each exhale This will help slow your racing heartbeat, restore normal blood circulation, facilitate the flow of vital energy through your nerves, and help calm your mind and clear your thoughts

Life is not an emergency situation; it is a beautiful divine expression, and we should enjoy it Let us remember that a smile is a power; if we don't use it, we lose an important aspect of life

Humans are souls with emotions and feelings, and they have a body they wear like a garment or outer coat But as long as we live solely on the level of the body and emotions, we will fall under the negative influence of stress and tension

When we are in harmony with our essential nature, which is the spirit, the joy of the spirit flows into the heart and transforms into love Feeling this love, connected to the peace and tranquility of the soul, and acting and interacting under its harmonious influence, is the most suitable way to live naturally in a world teeming with tensions and contradictions Harmonizing with this joy is the solution to life's problems

Note: Regarding the statement: "The body produces an antidepressant and other substances that reduce stress and tension, no less potent and

effective than those prescribed by doctors," this is not advice to dispense with medical advice and prescriptions, hence the need for clarification

Magnetic equations

A person with a strong presence and evil tendencies + a kind-hearted but weak-willed person = evil magnetism prevails over kindness

A weak-willed person with evil tendencies + a strong-willed person with good tendencies = the good magnetism overcomes the evil one

Weak spiritual magnetism + evil biomagnetism = strong evil magnetism

Strong moral strength + weak moral strength = greater moral strength

A person who is angry and violent + a person who is gentle and kind = the magnetism of anger prevails over gentleness

Strong, balanced, and calm temperament + temperament that sometimes tends towards discontent = the magnetism of calmness prevails

Chronic ingrained failure + less ingrained failure = strong failure magnetism

Strong positive success + less positive success = enhanced success

Strong failure vibration + strong success vibration = either strong failure magnetism or

strong success magnetism, depending on the environment and conditions

A strong, sound mind + complete ignorance = either shrewdness and skill or ignorance and stupidity

Outstanding spiritual power + outstanding practical power = Spiritual magnetism - a truly outstanding practical power

If people could see the multitudes of planetary beings in the ether surrounding them, perhaps some would try to find their departed loved ones God has opened my spiritual eyes, and I see many of those souls who have left the earthly realm By focusing deeply on the spiritual eye (the center of the forehead), one can see with inner vision the radiant world inhabited by all the good souls who have ascended to the etheric plane to the presence of the Most Merciful

In humans, the heart acts as a wireless receiver and the spiritual eye as a transmitter Even if you cannot see your departed loved ones, if you calmly focus your feelings on the heart, you can feel the presence of those dear to you who now live in ethereal bodies, enjoying God's peace and security and rejoicing in their freedom from the constraints of the body, so you find comfort in their peace and your heart is reassured about them

When I utter the name of God, my entire being melts into supreme joy But this state only came to

me after great effort At first, I was not one for yearning, for my mind was then adrift But now, as soon as I focus my thoughts and awareness on the spiritual center—the space between the eyebrows—all thoughts vanish, breathing ceases of its own accord, the heart stops beating, the turmoil of the mind subsides, and states of being descend upon the soul, so that I experience spiritual ecstasy and am enveloped in divine bliss

Golden sayings

Happiness is my right, my inheritance, and my hidden divine treasure Guide me to find within myself the treasures that surpass the dreams of kings

* * *

Life is an intelligent movement with a regular rhythm It shapes itself in inanimate objects, or takes on a living and moving form Life is all-encompassing and permeates everything

* * *

O Greatest Lover, You are life You are my goal and my aspiration

* * *

Make me a blooming rose in your heavenly garden, or a sparkling bead in your radiant love necklace, or give me the greatest honor: the smallest place in your heart

* * *

Wherever others appreciate my efforts in doing good, that is where I can provide the greatest service

* * *

Let us weave a golden carpet of dreams with silken threads of sweet memories and refined thoughts

* * *

Love is like sandpaper that polishes the mind and removes roughness from character

* * *

Pandemics, calamities, and violent changes in nature that bring devastation, destruction, and widespread harm are not "divine decrees" These disasters stem from human thoughts and actions Wherever the world's delicate balance of good and evil is disrupted by the accumulation of harmful waves and vibrations caused by human ill intentions and wrongdoings, chaos reigns and widespread destruction ensues

* * *

I will take the best from every people, and I will appreciate the good qualities of all nationalities without focusing on their flaws

* * *

Just as we care about the nutritional value of our daily food, we should also pay attention to the psychological nutrients we provide to our minds every day

* * *

Kind words are a wondrous remedy for many ailments, possessing a powerful, almost magical, magnetic force that brings abundant blessings and prosperity to their speaker Those who use soothing, gentle words feel a subtle current flowing

through them without interruption, their being filled with a profound sense of tranquility This is because this current is connected to its higher source, a constant flow that reaches souls in harmony with that source, enabling them to transmit happiness to those yearning for peace

* * *

How many kind words from the heart have dispelled many sorrows and how many wise voices have illuminated dark paths with lamps of joy and tranquility!

* * *

We grow through every experience we go through, as long as we realize we can learn valuable lessons from them For every pain and suffering we experience has meaning and purpose

* * *

Despite the harshness of the experiments, they are like fire that melts iron ore to turn it into beautiful, durable, and versatile steel

* * *

All the remarkable achievements in my life have been accomplished through the power of a mind in harmony with God When the divine generator is running, everything I desire comes to fruition without exception, first taking shape as an invisible, ethereal design and then manifesting with irresistible force in reality

* * *

When the mind whispers to God a heartfelt, fervent whisper from the depths of a yearning soul, the spirit's call will touch the universal heart, and

the answer will come, bringing with it immense joy This intellectual whisper cultivates the will until it possesses the strength necessary to achieve the desired goal

* * *

When a person’s mind and will are in harmony with God, they are charged with limitless power, so that merely thinking about something is enough to achieve it, because divine law works in favor of those who are in harmony with the supreme will

* * *

A person should not devote all the intellectual faculties God has bestowed upon them to the pursuit of fleeting things , lest they lose themselves in the labyrinth of materialism and create unnecessary limitations and constraints for themselves Instead, they should use their intellectual powers to acquire the necessities of life and strive to develop their moral faculties in order to distinguish between right and wrong, and between what is harmful and what is beneficial

* * *

The truth lies beyond opinions and theories, and many who adopt this approach become bound by their own subjective conclusions

* * *

Open, O Lord, the gates of tranquility and guard the sanctuary of my spiritual thoughts from the attacks of evil whispers And let the roses of my longings bloom in the garden of my heart as I await the dawn of Your coming

* * *

Theoretical knowledge cannot acquire divine knowledge, and it is advisable not to spend one's precious time on theories that cannot be applied in reality, otherwise one will find oneself in the midst of dense intellectual jungles and unable to transcend the realm of theories

* * *

Happiness is the fruit of psychological victory over the volatile circumstances of life

* * *

He whom God recognizes may be unknown to the world

* * *

If a person programs himself with theoretical knowledge [without actual testing], he will become like a portable recording device that repeats proverbs and echoes lofty phrases, and others will consider him a learned scholar, but such knowledge is not reinforced by a direct perception of the truth, nor is it matched by spiritual attainment

* * *

Problems will persist in the world, so where can one turn for guidance and direction? One's thoughts, influenced by habits, prejudices, biases, and fanaticism, are of no use, and the influences of one's environment, family, country, or world are incapable of providing true guidance Therefore, one must turn to God and listen to the calm, serene voice emanating from the depths of the soul, a voice in harmony with truth

* * *

Open your hearts to the divine outpouring so that it may flow through you and fill your lives with spiritual blessings and goodness

* * *

Whatever work you do and whatever achievements you can accomplish, always remember that God is the source that provides you with all the strength you need to work and achieve

* * *

Let me remember you, Lord, in poverty and in prosperity, in sickness and in health, in ignorance and in wisdom, and let me see your blessed light that grants wellness and healing in an instant

* * *

In the solitude of my thoughts, I long to hear your blessed voice Banish from me the harsh, earthly voices hidden in the folds of my memory I want to listen to your serene, melodious voice forever in the tranquility of my soul

* * *

Life is shrouded in darkness, and sometimes we stumble and hesitate to move forward We must let God's light be our guiding lamp as we walk through life's dark paths He is the full moon in the nights of ignorance and darkness, the sun of radiance in the hours of awakening, the beacon of guidance, and the guiding star for those traversing the seas of earthly, fleeting existence

* * *

It is time for man to awaken his consciousness from the slumber of forgetfulness to the awakening of the spirit

* * *

We ask you, Lord, to raise our awareness from the depths of ignorance and narrow, limited thoughts to the horizons of peace, light, love, and universal human compassion

* * *

Things will eventually get better because God's powers and wonders are hidden behind the contradictions of human life, and whoever is not convinced of the inevitability of the situation and tries to penetrate with his mind and faith to what is beyond the veil will have the door opened for him that is [knocked upon by every believing hand]

* * *

Faith never means being reckless or not dealing wisely with circumstances Rather, regardless of what happens, a person must assure himself that God alone is able to support him in difficult and stressful circumstances if he turns to Him with all his heart, soul, and feelings

* * *

If our senses conveyed the whole truth to us, we would see the Earth as rivers of electrons, and we would see every particle of dust as a rolling mass of light

* * *

Those who penetrate with their insight from matter to spirit understand the nature of illusion and know the essence of truth

* * *

Whether a person is in the jungles of Africa, on a battlefield, suffering from illness or poverty, he

must convince himself that God’s hand is stronger than danger and capable of protecting those who seek refuge in Him

There is no more effective way to protect oneself Of course, one must use logic in dealing with events and at the same time have complete faith in divine help

* * *

The love that dwells in the hearts of all creatures—the love of all mothers, fathers, friends, and loved ones—is derived from divine love

* * *

A distinction must be made between major and minor duties, prioritizing the most important over the merely important Furthermore, no duty should contradict another The scriptures tell us that when one duty conflicts with another, it is evidence that it is not a true duty

* * *

As the sun's vital rays spread, I will spread rays of hope into the hearts of the poor and the abandoned [those whom society has forsaken], and I will instill new determination in the hearts of those who think they are failures

* * *

The teacher Paramahansa said to one of his disciples: "Don't exclude anyone from your circle of love Keep everyone in your heart and they will keep you in theirs"

* * *

Lord, help me to always use my will to accomplish beneficial and good deeds

Help me to conform to Your will so that all my thoughts respond to Your purposes and are in harmony with Your will

He helped me awaken the hidden, blessed power within me so that I could overcome all difficulties and trials

* * *

Wake up to that bold and humble spiritual personality – one that combines the strength of lions with the gentleness of doves

* * *

I will not be bothered by bitter, false criticism, nor by lavish praise and flattery My only wish is to do Your will, O Lord, and gain Your favor

* * *

You cannot imagine the overwhelming joy that will fill you when you feel the divine presence Your soul will then be intoxicated by God's boundless love It is a love that surpasses any human love millions of times over—a love that fulfills all your desires and fills your heart with joy and contentment

* * *

Through inner focus, you can directly experience spiritual bliss within yourself and around you If you cultivate this awareness, your personality will grow harmoniously, and you will acquire an attractive magnetism for people and other beings

* * *

O Great Protector, I do not care if I lose everything because of my destiny, which is of my own making, but I ask you, my only refuge, to protect the candle of my love for you from the winds of heedlessness and forgetfulness

* * *

Let us drink to our fill of the pure, refreshing waters of peace flowing from the springs of favorable circumstances, enhanced by our firm resolve to think positively and have an optimistic outlook

* * *

Conscience is an intuitive sense that reveals a person's true nature and motives When your conscience is clear, and you know you are doing what is right, you have nothing to fear A clear conscience is a testament to good conduct from God Being acquitted in the court of conscience means possessing happiness and receiving God's blessings

* * *

Try doing bold and pleasing things that most people don't do, and give love and peace to those whom others overlook

* * *

The teacher Paramahansa said to one of his disciples:

"If you do not spend time cultivating the mind, no amount of material prosperity will satisfy you This cultivation is not torture but rather training of consciousness to nourish the thoughts and actions that lead to happiness"

Your happiness is your success, so don't let anyone steal it from you Protect yourself from those who try to bother you When I was a boy, I used to lose my patience whenever some people spread false rumors about me Later, I realized that my peace of mind is more important than people's approval or admiration

* * *

If only you knew the story of divine love that some devotees experience with God! No other experience in life can compare to that joy I knew a saint who was constantly absorbed in the love of God, and his face radiated holy love God's eye is always on those who love Him, and He never abandons them for a single moment

* * *

Few are those who are interested in developing their mental and spiritual powers

* * *

Do not allow yourself to sink to the bottom of procrastination Rise from the slumber of boring ordinary reality and set off towards the horizons of a refined life where there is achievement, joy, and peace

* * *

Within you lie tremendous potential waiting to be invested, and you are the only one capable of activating and benefiting from it

* * *

Freedom from the dictates of bad habits and unhealthy passions brings much greater happiness than material success

Literary success brings a psychological happiness that external circumstances cannot take away from you

* * *

You can spend all your time accumulating money, but that money won't give you the lasting peace and security you seek On the contrary, it will bring you more unhappiness because happiness and peace reside in the mind, not in things themselves

* * *

Do not allow weakness to seep into your mind, and be cautious when associating with people who have negative thoughts and a pessimistic outlook, lest their weak thoughts seep into your mind, unless your mind has reached a degree of strength such that the thoughts of others cannot weaken it, but rather, on the contrary, it is able to strengthen the thoughts of others and enhance their self-confidence

* * *

God comes first, and we should not begin or end our day without thinking of Him We must remember that without the strength and energy we receive from God, we would not be able to accomplish any of our tasks This is our greatest duty towards Him

* * *

There is a way to evaluate and judge customs and traditions Initially, every tradition had a justification If we find that justification still holds true, then the tradition has meaning and benefit However, it is unwise to follow traditions blindly We must know what is right and follow it, discerning what can bring us happiness and then applying it

* * *

When you see so many people lacking happiness or success, don't assume that's their destiny You can make yourself whatever you want to be Your inner success is what truly makes you successful

* * *

If you have nothing within yourself, you will not be happy But if you have nothing around you and are happy within yourself, you are undoubtedly successful Thus, it is impossible to judge people based on their external circumstances

* * *

Among the vast crowds, there may be a person who has reached a state of spiritual elevation and enjoys inner peace and supreme spiritual happiness

* * *

I know for certain that everything I need will come to me, and therefore I do not worry about what the future holds This is not boasting or pretense, for I have experienced the work and effectiveness of that blessed power in my life many times

* * *

Whether I'm floating on the surface of life or drowning in the depths of the sea, I know that I am with God and He is with me, and that nothing can harm me That knowledge has given me an indescribable and profound happiness

* * *

There's no doubt that buying something new is a pleasurable experience But after a while, that joyful feeling gradually fades, and you might even lose interest in it altogether, forgetting about it and desiring something else However, the bill for that item won't be forgotten, especially if you bought it on installment!

* * *

A person should take control of their life and simplify it as much as possible They should save some money for necessities and emergencies, prioritize saving over spending on luxuries, and help others to the best of their ability When you help others, help will come to you in one way or another, and you will lack nothing and be deprived of nothing

* * *

In the joy of all hearts, I hear the echo of Your bliss, O Lord, and in the friendship of all the faithful, I feel Your love I rejoice and my heart is gladdened by the success and prosperity of my friends, just as I rejoice in my own well-being and ease As I inspire wisdom in others, I multiply the

treasures of my own wisdom, and in the happiness of all, I find my own

* * *

The greatest enemy of happiness is borrowing money to buy luxuries People mistakenly believe they cannot be happy unless they acquire something specific But even after acquiring that thing, they will not experience true happiness, despite the temporary joy it brings What is the point of chasing after the mirage of earthly happiness that promises only to break? People should live simply, without needing numerous possessions that require constant attention

* * *

My paradise is within me As I enjoy God's blessings, I thank Him, and my inner joy grows Without that inner contentment, even earthly pleasures and joys become hell I have come to realize that without that inner joy, the burden of responsibilities placed upon me would have robbed me of my peace and deprived me of my happiness

* * *

If wealth is coupled with illness and problems, the consequences will be numerous Hygiene and healthcare are among the West's strengths Harmful insects and deadly germs are effectively controlled in developed countries, while they are abundant in others But eliminating these pests is not the pinnacle of achievement, because other kinds of afflictions exist in developed countries, such as difficult-to-pay bills and suffocating financial crises due to installment buying systems

—afflictions that disturb sleep and undermine peace of mind

* * *

We are an integral part of the same consciousness from which this great universe emerged

* * *

Have you ever seen a flock of sheep? If one of them jumps, the rest of the flock imitates it without hesitation Most people are like that Someone might come up with an idea or introduce a new trend, and others will immediately jump on the bandwagon and copy it This pattern has persisted for generations Every nation has its customs and traditions, and we can't claim that all of them are correct or sound But who knows? Perhaps some of those customs and traditions are meaningless and pointless

* * *

When the turbulent storm of thoughts subsides, we enter the kingdom of peace and touch the divine presence

* * *

Think of God, or a beautiful landscape that inspires peace, or a joyful and delightful experience Positive, calm mental activity is invigorating and refreshing

* * *

We live in a chaotic and turbulent world You might think money means happiness, but when you acquire it, you find you're still unhappy You might acquire wealth and—God forbid—lose your

health Or you might have good health and lose your money Or you might have both wealth and health but suffer numerous problems with others, offering kindness only to be met with resentment and hatred in return Without God, nothing in this life can truly satisfy you

* * *

The earth becomes a torture chamber for those who live in ignorance of the divine plan But when you view life's experiences as your teachers and learn from them the true nature of this world and your assigned role in the cosmic drama, those experiences become valuable illuminations on the path to lasting contentment and happiness

* * *

There, beyond the undarkened gloom, the soundless stillness, and the uncreated nothingness, lies the eternal essence, which is the origin of existence and the source of all powers and beings, visible and invisible

* * *

God did not create this earth for us merely to eat, sleep, and die, but so that we might know His will and understand the purpose of our existence A handful of wise people have grasped the meaning of the cosmic plan, but most people are blind and unaware of that purpose

* * *

Money was never my goal in life; my goal was to serve my brothers and sisters in humanity Therefore, God opened many doors of opportunity for me to support myself and fulfill my mission

* * *

God created this universe to operate according to a fixed and unchanging law If we violate any of these universal laws, we punish ourselves Someone who jumps from the roof of a tall building will break their bones Therefore, we cannot ignore the law of gravity without suffering the consequences

* * *

When we take a deep look at the world’s civilizations and explore the hidden secrets of ancient civilizations, a large picture emerges, with intertwined lines, diverse chapters, and precise details, and we find that man is both individual and social in nature at the same time

* * *

If God wanted us to live only in material consciousness, we would be completely satisfied with material things and content with worldly ways

* * *

Rays of purity, peace, and happiness beyond dreams flicker and dance in our essential depths

* * *

With each experience that appears in the sky of our lives during this earthly journey of ours, we must learn how to broaden our awareness and how to be more understanding of the circumstances that surround us or that we go through, and then we will be able to live in better harmony and deal more smoothly and safely with people and life

* * *

Most people imitate others A person should be original and creative, and master everything they do

In the East, the primary focus has been on cultivating spiritual happiness, while the material aspects of life have often been neglected In the West, there are some material comforts but very little psychological happiness What is needed is a balance between the two, because focusing on only one aspect of life leads to imbalance and an inability to deal rationally with life's demands

* * *

The greatest happiness - after divine happiness - is for a person to be at peace with his immediate relatives with whom he has to live every day of the year

* * *

People waste a lot of time rushing and acting impulsively without accomplishing much Few pause to reflect and try to understand what life has to offer

* * *

We must work to construct inner edifices of wisdom in gardens of peace that flourish and shine with countless flowers of wonderful spiritual virtues

* * *

Inner harmony is a rich source of strength and generates renewable energy

* * *

Looking at life, one finds that success is not easy Life is often harsh and unforgiving, and we

must struggle to earn a living Think of the effort required to sustain your body and keep it healthy and free from illness! Even if you succeed in this, that success is temporary The body—may you live long—will eventually be laid to rest Necessity dictates battling numerous forces, both internal and external, to achieve the desired success These forces work tirelessly to rob you of any truly significant accomplishments

* * *

Try to remain calm under all circumstances, and let the seed of your peace bloom with cheerfulness and smiles of contentment

* * *

Even the greatest saints do not attain complete salvation unless they share their success with others, that is, their spiritual experiences and higher knowledge, by helping them attain holy knowledge

* * *

For this reason, those who reach those stages and attain those states are keen to offer understanding to those who need it If you wish to achieve true success, you will not only ensure your own personal happiness but also the happiness of others

* * *

Anyone with intelligence can make money But if they have love in their heart, they will never use that money for selfish purposes; rather, they will share it with others Money is a curse and a misfortune in the hands of the selfish and the

miserly, and a blessing and a gift in the hands of those with kind hearts and generous souls

* * *

Someone might choose to remain silent for an extended period, refusing to speak to their family members during that time While this person might achieve some inner peace as a result, their behavior is selfish and detrimental to their family's happiness They cannot be considered truly successful unless their loved ones also benefit from their achievement

* * *

Similarly, achieving material success is not only our right to enjoy well-being on our own, but also our moral responsibility towards others in terms of helping them improve their material conditions and living circumstances

* * *

I am protected behind the walls of my clear conscience I have burned away the dark past and I am only concerned with today

* * *

Today I realize that I am one with the light of the greatest good and that I am a beacon for those who struggle against the waves of the sea of sorrows

* * *

People have different views and theories about success, depending on their ambitions in life It's not uncommon to hear some people equate success with theft, saying things like, "He was a successful thief!" This underscores that success in

all its forms and varieties is desirable and sought after However, our success should not harm others

* * *

There is also another criterion for success: when we are able to bring about harmonious and beneficial results for ourselves, we should also include others in our success and share its fruits with them

* * *

Success means a person's contentment and satisfaction within their environment True success is the result of actions founded on principles of righteousness, and it encompasses the happiness and well-being of others as an integral part of one's own happiness If we apply this principle to our material, intellectual, moral, and spiritual lives, we will have a complete and comprehensive definition of success

* * *

Here in this limited world, we perceive length, width, and density, but there is another level where dimensions do not exist; everything is clear and transparent—everything is consciousness and perception The sense of taste is perception, as is the sense of smell Our feelings, thoughts, and bodies are states of consciousness Just as we can see, hear, smell, taste, and touch in dreams, so too, on that higher level, do we experience all these sensations through pure consciousness

* * *

O Lord, make us happy by feeling Your nearness, free us from the shackles of desires, and

grant us an inner joy that is not affected by life’s experiences and its changing events

* * *

When our minds are in tune with higher perceptions, spiritual consciousness awakens within us and we experience amazing wonders of divine wisdom and love

* * *

If we love God completely and turn to Him with all our thoughts and hearts, we will feel close to Him and we will find that He is the greatest haven of security in life

* * *

In the seemingly empty and empty space, there is a cosmic connection and eternal life that unites us with all living and inanimate things in the universe a wave of great life flows through everything in existence

* * *

Eternity is our true home and permanent abode, and our existence in these bodies is a temporary existence, like a short rest for a caravan traveling across the desert

* * *

When we align ourselves with the creative forces of the spirit, we will connect with the universal and infinite mind capable of guiding us and solving our problems Creative power will flow to us uninterrupted from the greatest source of our being, enabling us to achieve creative success in any area of our activity

* * *

Love grows and flourishes in an environment of trust, tolerance, and mutual respect

* * *

Bless us, O Lord, with the light of pure thoughts and good habits, so that if the darkness of bad habits and deviant thoughts approaches us, it will be immediately dispelled And help us to love You with a love so profound that neither material illusions nor worldly temptations can ensnare us or seize our minds and hearts

* * *

Things that are easily obtained are rarely valuable We know this from studying the lives of great men and women and how they became great by developing their talents, fulfilling their duties, building their moral values, engaging in in-depth study, and avoiding selfishness But the results they achieved and the accomplishments they attained were immeasurably greater than the effort they expended

* * *

True freedom lies in the freedom of choice guided by wisdom and supported by understanding, correctness, and a firm will

* * *

When you awaken your will, determination, and conscious discernment, unseen forces are unleashed from higher consciousness—through the insight of the soul—to assist you and to illuminate the paths leading to psychological comfort and happiness, with God’s help

* * *

A person must open the channels of the soul through their own effort No one willingly chooses suffering and misery over peace and happiness Ignorance is the root of suffering and the obstacle that must be removed and eliminated Ignorance is a harmful weed, deeply rooted, that grows in the garden of humanity and crowds out the good and beneficial plants

* * *

Ignorance must be overcome by unwavering will and resolute determination The soil of the mind must be cultivated with focused attention [on the positive], and good seeds watered with the water of faith When the vital and warm rays of love shine, the seed of goodness will grow and overcome the weeds and parasitic plants, for darkness cannot exist in the presence of light

* * *

The pleasures of material things fade and disappear, but divine joy never dims It is a divine happiness that is endless and beyond description

* * *

We must never use misguided methods to achieve happiness, nor should we abandon the peace and spiritual wealth we possess within ourselves in pursuit of illusory comfort and a glittering life that may be dangled before us by hellish actions and behaviors with destructive effects

* * *

Serenity is the best camera for capturing the divine presence Through the lens of pure and precisely focused tranquility, the blessed image will appear with perfect clarity

* * *

In fact, all wisdom is within yourself and all you need is to become consciously aware of it

* * *

True contentment lies in self-improvement, so that others seek you out rather than you seeking them out Love and friendship should be given freely, without expectation or demand Expectation only breeds misery and unhappiness Even when striving for self-improvement, one should stand alone, secure and at peace within the fortress of one's virtues and self-worth

* * *

May waterfalls of joy and optimism always flow from my heart, and may their refreshing spray touch all those I meet

* * *

Spiritual joy generates in the soul the desire to help others in every way, and develops the ability to appreciate the refined moral pleasures that lead to happiness, thus reducing the inclination towards crude pleasures

* * *

No matter how small your role may be, it remains as important as the greatest roles in terms of contributing to the success of the cosmic play that souls perform on the stage of life

* * *

Total consciousness is an absolute, infinite consciousness, constantly renewing itself and its creativity never runs out, and through you it tries to express a unique aspect of itself

* * *

If you taste divine love even once, you will never give it up because there is nothing else like it in the entire universe

* * *

Those who know God have reached very advanced spiritual stages, such that they are not content with merely offering spiritual advice to sinners, but can - by the grace and help of God - charge them with the spiritual power that liberates them from the consequences of their sinful deeds

* * *

All good and evil deeds are latent in brain cells and appear as good or evil habits or tendencies in thought

* * *

A person who suffers from unhealthy habits due to their brain cells being charged with the power of those habits can liberate themselves through willpower, meditation, sincere prayer, and continuous positive affirmation until all their undesirable habits are transformed into good habits of peace and tranquility This happens when the rightly directed life force works to change the abnormal nature of brain cells, so that those cells become filled with all that is good, virtuous, and beautiful

* * *

Understanding is the inner eye, the vision of the soul, and the telescope of the heart It is the balance between the composure of the mind and the purity of the conscience

* * *

Every day we see different scenes, and every day brings a new lesson to be learned It is expected that man will learn the lesson by focusing on the ultimate purpose of his existence: to recognize the source of his being and the foundation of his life

* * *

Let us work to forget the sorrows of the past and resolve not to dwell on them With unwavering determination and active will, let us renew our lives, enhance our successes, and nurture within ourselves good habits and noble qualities

* * *

Anyone who exposes the weakness of others and causes them embarrassment and resentment is far from wisdom and sound judgment

* * *

Sayings for all times and places

Those who are in harmony with God see breathtaking beauty and taste supreme sweetness that cannot be experienced in any other way

When my soul called out to You, the clouds of Your silence burst forth, O God, and the rain of Your mercy poured down in torrents until it became an overflowing flood of Your grace Your blessed river engulfed the banks of my being, and my soul plunged into the waters of eternity, and

the bubble of my small life dissolved in the ocean of Your all-encompassing existence

My mentor taught me how to use the chisel of wisdom to make myself a temple worthy of the divine presence

If you want to achieve a noble goal, start by creating a mental model for it You can now firmly establish any direction in your consciousness if you plant a strong idea in your mind; then your entire being will conform to that idea, and your actions will align with it

When you touch the divine heart, your troubles will fade away, love will fill your heart, and wonderful spiritual experiences will dance like pure fountains in the gardens of your mind

Many clouds try to hide you and conceal you from me, but through the dew of tears of longing, your blessed name appears to me flashing in bright golden letters from behind all the curtains and veils

Purity of conscience means dealing transparently with the truth

There are essential needs and what some consider "necessities" that are actually unnecessary and superfluous Life should be simplified by focusing on basic needs and eliminating unnecessary luxuries

How high you are, O friendship, and how fertile and sacred your soil is! Love is your nourishment and loyalty your drink

When two people walk in harmony and accord despite their differences, they are united by one goal: to find peace and tranquility of soul in pure love and mutual loyalty and where the lover does not seek pleasure at the expense of the beloved then, in the garden of altruism, the fragrant flowers of friendship bloom and spread their sweet scent

The world trains our minds in a different way, making us accustomed to so many things that we begin to think happiness is unattainable without them But life, and children's lives in particular, must be simplified; otherwise, life will teach them through bitter disappointments

The truth is more accurate and realistic than mere thought or imagination, but what we think or imagine may sometimes come true

Imagination is a crucial element in the creative thinking process However, imagination must mature and transform into a firm conviction, and this is impossible without strong willpower

If you visualize something with all your willpower, your imagination will transform into a personal conviction, and when you can maintain that conviction

Despite all the opposing opinions, your conviction will materialize in reality

One must learn to stand on one's own, supported by one's own virtues and self-worth

Spiritual joy is a renewed joy and appears increasingly in those who think deeply about God It is a joy that helps in making the right decisions and doing the right things, and when it is found,

unhealthy desires and cravings fade away because they lose their appeal compared to spiritual joy

Our Almighty Creator has given us life, strength, and wisdom, and it is our duty to give Him our attention and raise our hearts to Him in love, gratitude, and recognition of His favor and kindness

Help me, O God, not to kindle the fire of anger, lest I burn with the flames of resentment the green oases of peace within myself and others Help me to extinguish the fire of rage with the ever-flowing rain of my love

May the lake of my gentleness and my peace remain calm and still, undisturbed by the storms of discontent that bring nothing but misery

Performing acts motivated by a sense of duty, or sacrificing personal desires in service and love of another person, is far better than doing so out of fear

Even when a person stops transgressing divine laws, he should do so out of love for God, not out of fear of His punishment

Whatever you fear, turn your thoughts away from it Leave it to God and strengthen your trust in Him

Fear is always with man, and getting rid of it is possible by thinking about God and feeling His presence

It may be difficult at first to walk the paths of virtue, but they are blessed paths that lead to peace of mind and true happiness

May the glory of God shine upon every corner of our lives, may His love dwell in our hearts, and may His light fill our consciousness

O my divine beloved, the flowers bloom and the seasons change, and all speak of you The full moon reveals the features of your smile, and the sun carries your celestial lamp I swim in a sea of tears, overflowing with longing for you In the leaves of the trees and the veins of humankind flows your life and vitality, and I feel the beat of your cosmic heart throbbing within my own

When I feel your presence, I feel as though I am awake in another world, and from time to time I dream of this earth and this small body—my own I am awake in unending bliss, and my daydream of earthly life is perfumed by the happy memories of my waking moments with you I have uprooted the weeds of nightmares from the garden of my dreams and planted in their place the roses of my inspiration, where the fragrance of my longing will draw you in, and you will come to take me with you to the horizons of eternal bliss

O God, make me transparent with purity and cleanliness so that I may bring forth Your healing light within me

Calm the trembling mirror of my mind so that it may reflect your infinite face

Open the windows of faith wide so that I may breathe in the fragrance of your peace

O You Who are radiant in Yourself, O Majesty Who defies description, gaze with my eyes that

yearn for You, so that I may see nothing in existence but You

Behind all the phenomena and appearances of life lies the silent voice of God, who constantly calls to us through flowers, holy books, our consciences, and all the beautiful things that make life worth living

Every effort made by the seeker to reach spiritual peaks is counted by God for him and rewarded well for it

We ask you, O Lord, to illuminate our minds with the light of your truth, to make our hearts beat with your love, and to fill our souls with your joy and the abundance of your grace

From that transparent horizon which the mind cannot penetrate, God pours forth His eternal light And from the cosmic mind come sublime inspirations and blessed powers, and creative activity flows into open and harmonious minds

When you find that your soul, your heart, every spark of inspiration, the blue sky, the shining stars, the mountains, the earth, the birds, and the flowers are all bound together by a single thread of cosmic rhythm, spiritual joy, and universal unity then you will realize that they are all waves on the breast of the divine ocean that has no shore

If we forget our Creator, we deserve suffering We must realize that God is our beloved and loves us, and this knowledge will free us from our problems and suffering

The true lover of God never ceases his search for Him, even if he fails to find Him after many

attempts Just as a wave must return to the heart of the ocean after the storm subsides, so too is the earnest seeker; he possesses an implicit belief that the obstacles will crumble and that he will inevitably unite with the cosmic ocean sooner or later—that infinite ocean from which he came and to which he returns

When the mind constantly thinks of the divine beloved, the heart sings songs of joy and happiness

Spiritual emanation is the emergence of man from what he is now to what he will be in the future

A person cannot hide their true nature from others the vibrations of their thoughts will somehow be reflected in their behavior and will appear through their actions

There are many who have a misconception about freedom; they consider freedom to be doing whatever a person likes to do, and I call this freedom the freedom of whims

Because of a misunderstanding of the true nature of freedom, some parents enslave their children to tradition by immediately fulfilling their desires The child then grows up believing that as long as their wishes are granted, they are happy, and that the purpose of life is to fulfill every desire However, they later discover they were mistaken , as the outside world is entirely different from home life, and they learn that fulfilling every desire is not easy! Others may push them aside and disregard them in pursuit of their own desires Consequently, the child becomes hardened and emotionally numb

due to the overwhelming urge to satisfy their own desires Therefore, parents must help their children to develop their will and discernment so that they can live in the world without falling into its traps and pitfalls

The mother says, "Teach him with love" Of course, treating children with love is generally good, but too much sweetness spoils teeth, and similarly, too much pampering spoils children A degree of firmness and resolve is necessary, but if a child is treated and punished harshly for a mistake, the consequences will be dire There should be a balance in how children are treated and dealt with ; every father should temper his temperament with love and tenderness, and every mother should season her love with wisdom and rationality

A person must maintain a stable psychological state of love and longing for God I have tried many jobs, but whatever the nature of my work, my thoughts always remain with God

We should enjoy this creation, but without allowing it to enslave us And experience has taught me that the joy of finding God is unparalleled

Before embarking on major tasks, one should sit quietly, calm the senses and thoughts, meditate deeply, and seek divine help in order to obtain spiritual guidance and sound direction

Let me realize that the smile on the face of dawn, on the lips of flowers, and on the faces of noble men and women is your smile

I will not be affected by successive images of misfortunes, bad luck, illness, or any unexpected obstacles because I realize that a disciplined consciousness closely related to cosmic consciousness does not implicitly suffer from failures and annoyances

Freedom means the ability to act according to wisdom, not according to the dictates of passions, habits, and whims Obeying the ego leads to slavery, while yielding to the promptings of the spirit leads to liberation from constraints

It makes no difference to me whether I live in a luxurious palace or a humble cottage, as long as God is with me

I will use my honestly earned money to live simply, foregoing extravagant living

Through faith in God and the use of willpower, a person can overcome illness, failure, and ignorance, as long as the vibrations of the will are stronger than the vibrations of physical or psychological ailments The more chronic the illness, the stronger and more determined the will must be, and the deeper and more steadfast the faith, in order to achieve the desired outcome

Inspire me, O Lord, to place my trust in You alone, not in human means of protection Let me not let fear and anxiety paralyze my boundless strength to face any of life's trials Let me not imagine accidents, calamities, and misfortunes for fear of their actual manifestation through thought and imagination And let me realize, O Lord, that whether I am awake or asleep, awake or lost in

daydreams, alive or dying, Your protective presence still encompasses and guards me

The wise say: The fruit of good deeds motivated by love of God and virtue is harmony and purity The fruit of deeds motivated by selfish desires and ambitions is pain and suffering The fruit of evil deeds is ignorance and folly

Good deeds bring happiness, while worldly actions driven by self-love lead to suffering and pain Continued evil deeds, however, destroy a person's capacity for discernment and understanding

If you wish to live in peace and harmony, your intentions must be good, and you must spread thoughts of kindness and feelings of love If you live a virtuous life, you will help others through your example and good conduct

The moment I feel anxious and mentally confused, I will retreat to stillness and contemplation until I regain my composure, and I will begin each day by thinking about God and asking for His help and guidance

Resolve not to allow the suffocating weeds of hatred to grow and infiltrate the garden of your life, a garden brimming with the virtues of a noble spirit And the more you cultivate these fragrant, rose-like qualities, the more God will reveal to you the greatest secret of existence within you

The purpose of life is to attain peace, contentment, immortality, safety, and knowledge of the truth, and at the heart of these desires that stir within us lies the divine essence deep within us

May I find my freedom in You, O Lord, and realize that my true home is Your total existence and that I am an integral part of Your cosmic consciousness

O vast, divine sea, let the rivers of my desires, flowing through the deserts of obstacles and impediments, finally mingle in your great depths9

Only in the divine fortress do we find protection and security, and there is no safer refuge than feeling close to God and touching His presence

Since humans are governed by habits that shape their inclinations, tendencies, character, and desires, if those habits are bad, character becomes harmful and actions become evil Therefore, it is advisable to prioritize good habits, as they then guide our actions and thoughts toward noble goals and bring us health and happiness

Wherever there are sad and suffering souls, I find my comfort in serving and consoling them I will do my utmost to bring joy to others and will empathize with their feelings as if they were my own

Mental abilities exist in humans, but they remain underdeveloped in most people, and failing to cultivate these abilities leads to serious consequences Like the body, the mind needs proper nourishment and exercise for health and vitality

A diamond receives and reflects light, and so do pure, transparent souls that know God and shine with His presence

O Lord, You are the true wealth in life, and by finding You first I will find in You everything I need

People usually focus solely on food, air, and sunlight to maintain good health, but there may come a time when health deteriorates despite an abundance of these external sources of life It is then that the need arises to recharge the body's energy reserves from within

If the boat of my mind approaches the rocks of greedy desires that involve dangers and risks, driven by the fierce storms of ignorance, then be, O my God, my beacon and always guide me to the shores of Your righteousness and goodness

Thought is like a flame whose concentrated power should be used to burn away the obstacles that prevent achievement

God can be found through constant divine love When we love God more than His gifts, He will come to us He has given us free will and the power of choice so that we may distinguish between the world's fleeting and insignificant gifts and the gift of closeness to Him and the joy of His blessed presence

We were given memory so that we could practice remembering good things until we could finally remember the greatest good: God

The breeze of Your love flows through me, O Lord! And the leaves of my life dance with joy at Your coming Their delightful rustling drifts through the air, inviting the weary to rest in the shade of My spiritual peace

Life's difficulties are not meant to harm us; rather, problems and illnesses offer us lessons Our painful experiences are not meant to destroy us, but to purify us and hasten our return to our pure source—God—who works in every way to help us and bring us back to our heavenly home

Infinity is our true home, and our travel to this earth and in these physical bodies is like a short-term visa trip

Lord, I know that praise does not elevate me, nor does criticism diminish me I am as I am before my conscience and before You I will continue on this path, doing my best to serve everyone and striving to earn Your favor—in that lies my happiness

You are a unique creature and your essence is wonderful, so get to know your true self

With the dawn of your arrival, the buds of my longing will blossom into fragrant, vibrant flowers

O Lord, hasten the coming of that day when I will weave a necklace of those dewy flowers and place it on Your blessed threshold

Instead of constantly striving to please himself alone, he should also try to bring happiness to others When he attempts to offer spiritual, intellectual, or material support to others, he will find that his own needs are met and that the cup of his life overflows with joy

Those who achieve a brilliant victory over darkness on earth will have the light of glory as their portion and will enjoy inner peace and happiness

O Lord, continually scatter the seeds of Your blessings in the soil of my heart, plowed by supplication, so that they may grow into shady trees whose branches bear the most delicious and sweetest fruits of self-knowledge

We often remain in pain without making an effort to change, and that's why we don't find lasting peace and contentment If we persevered and made an effort, we could certainly overcome all difficulties We must strive to move from misery to happiness, and from despair to courage

O Divine Love, unite my love with Your love, blend my life with Your joy, my mind with Your cosmic consciousness, and quench my thirst from the fountain of Your eternal joy

The heart of the sincere seeker always whispers: "O my God and my Beloved, I do not want to be immersed in the turmoil of this illusory world, and all I want is to awaken Your love in the hearts of people My heart, my soul, my body, my mind, and all that I possess are Yours, O Lord" That seeker reaches God and comes to know Him

Lord, grant us a new and true understanding of brotherhood Let us abandon wars and heal the wounds of nations with the balm of love and the lasting comfort of compassionate understanding

Bless us so that we may be freed from the influence of greed, the dominance of deception, and the control of illusions, and help us to build a new world in which sickness, ignorance, and famine are nothing but dreams of a bleak and grim past

Let us solve all problems not with the logic of the jungle, but with understanding, truth, and unwavering faith in You and Your divine justice

Life has brought us together here for a time, after which we will go our separate ways But if God's love dwells within us, it doesn't matter where we go, because no matter how far we stray, we will remain within the circle of divine love and will never be truly separated

Lord, make me an eagle of spiritual progress soaring high above the alleys of narrow-mindedness and extremism

Call me to higher and higher horizons, beyond the intense earth tremors and clouds that block the sunlight

Let me take up the wings of balance to live right, and let me soar to those lofty skies above all storms and hurricanes, where there are wide horizons and sublime perceptions

Peace comes when we open our hearts to love and kindness Those with loving hearts and active in good works experience peace because it dwells within them Peace is the sanctuary of heaven and the foundation of a happy life

We should always think of the divine beauty behind the flowers, the cosmic light behind the sun, and the great life that flickers in every eye

When a person is truly kind and shows respect towards others, and returns compliments in kind, they will always be treated with appreciation and respect

I will spread my love to others so that I may open a gateway for God's love to come to me and dwell in my heart

Lord, let me be a beacon for those drowning in the depths of sorrow Help me to bring joy to others in gratitude for the spiritual joy You have bestowed upon me

I will melt hatred in the fire of my love, and I will forgive others and give love to all thirsty hearts

True love is the love that rejoices in the comfort of the beloved

May your light shine upon us, O Lord, and may your love fill our hearts forever

Having a spirit of initiative means having the power of creative imagination that enables a person to invent something that no one has done before Every person is born with this gift bestowed upon him by God

The greatest love is divine love, which makes life beautiful beyond words When you feel God with you, coming to you wherever you are and guiding your steps, divine love has begun

The power of truth goes against the wind

Lord, when I face temporary difficulties, let me remember Your abundant blessings upon me in the past, knowing that Your help never leaves me and Your care is always with me To You I offer my heartfelt gratitude for every blessing that comes to me from Your generous hand

Drops of love shine in good souls, and God can only be found in the sea of love

Understanding is the lamp that illuminates a person's path and brings them success

In the spring, God adorns nature with the most beautiful roses and flowers with exquisite attire and bright colors

Peace is the first herald announcing the approach to the Divine Presence Afterward, peace transforms into lights brighter than endless joy

When I delve deep into the sea of meditation, I feel a blessed flutter within my being and hear a whispering voice saying, "I am near"

One must turn inward, to where the soul expresses itself From the depths of the soul spring all the experiences of inner life

When the soul realizes itself with divine consciousness, it feels great joy and expansion into the boundless space

If you use all the external means and resources available to you, in addition to your natural abilities, in order to overcome all the obstacles that may stand in your way, you will develop the powers that God has given you: those unlimited powers that spring from the deepest depths of your being

Love walks the golden path that leads to God

I will spread the sunshine of good wishes and good intentions wherever the darkness of misunderstanding has crept in

When difficulties attack you, yet you refuse to stop trying and making an effort, despite all the obstacles and impediments, then God will respond to you and crown your efforts with success

O Lord, I will pluck the flower of longing from the garden of my heart and place it as an offering of love on Your holy threshold

Since our thoughts and words are the seeds that will bring us the harvest of the future, I will begin today to fill my consciousness with good, positive thoughts

I fly and soar in the plane of my consciousness up and down, north and right, inside and outside and everywhere to find that in every corner of space I was and still am in the presence of God

Live each moment in awareness of your relationship with the infinite Absolute There is no end to your consciousness, and all things flicker and shine like stars in the sky of your being

Detachment, or non-attachment, is the wise path the seeker treads, willingly rising above trivial things for the sake of greater ones He does not bind himself to fleeting sensual pleasures in pursuit of a renewed inner joy Detachment is not an end in itself, but it paves the way for the emergence of the soul's virtues and spiritual powers

The spiritual victor advances with bold steps on the paths of life

A person should make the most of their present life, and open the windows of their heart and awaken and revive the dormant faculties of their soul

Behind the masks of change and transformation lies the divine presence And whoever can steady the mirror of their mind and

prevent it from shaking, will see in that clear mirror the face of the cosmic beloved

Love is stronger than death and the ravages of time

Self-analysis is the key to success, and reflection is a mirror through which we see inner corners that would otherwise remain hidden from our view We must diagnose our shortcomings, distinguish between positive and negative tendencies, and identify the obstacles to progress and success

How wonderful you are, O friendship! You who draw from the waters of sincere, friendly concern, and whose leaves are moistened by the dew of inner and outer sweetness emanating from the depths of sincere and loyal hearts

I once saw a tiny ant trying to climb a pile of sand, and I thought to myself: the ant must be thinking it's climbing the Himalayas! The pile of sand may have seemed enormous to the ant, but not to my eyes Similarly, millions of our solar years may be less than a minute in the mind of God

We must train ourselves to think about great things such as eternity and infinity

I wandered through the world of infinity and witnessed the glowing mist in the land of light, and in that living brilliance I read the meanings of the secrets written on the pages of time

When you sleep, you passively quiet thoughts and feelings But when you consciously quiet thoughts and feelings through meditation, the first thing you experience is a state of peace, and your

facial muscles naturally form a smile that reflects inner peace But you must look beyond this state of peace to perceive the purity of your soul—a purity untainted by sensory stimuli or automatic reactions to thoughts associated with the senses The state you then experience is one of perpetual, ever-renewing bliss

If you place a bowl of water under the moonlight and then stir it, you will create a distorted image of the moon When the water settles in the bowl, the reflection becomes clear The moments when the water in the bowl is still and reflects the moon's face with perfect clarity can be compared to a state of contemplative peace and a state of profound stillness In the peace of contemplation, all waves of sensations and thoughts cease to flow from the mind And in this deeper state of peace, the contemplative person, in that tranquility, sees the full moon of divine presence reflected in the lake of the soul

There are four states that the average person is familiar with: happiness upon fulfilling a desire, unhappiness when denied it, boredom when neither happy nor depressed, and peace when overcoming these emotions or psychological states of pleasure, pain, and boredom

Peace is a highly desirable state, arising from the absence of both sorrow and pleasure, and the absence of boredom These states constantly shift and ripple on the surface of the soul After riding the turbulent waves of pain and pleasure, including repeated plunges into the depths of weariness,

there is joy in floating on the calm sea of peace But greater than peace is spiritual ecstasy—the bliss of the soul—the ultimate happiness It is a perpetual joy that never fades but remains with the soul for eternity This supreme joy can only be attained through the awareness of the divine presence

A true smile is a smile of spiritual happiness obtained from contemplation and thinking about God and feeling His presence

My smile springs from a profound joy within me—a joy accessible to all It is like the fragrance emanating from the heart of a blossoming rose This great delight invites others to immerse themselves in the sacred waters of bliss

In the light of blessed forgiveness, the darkness of hatred accumulated over many years fades away

God quickly fulfills any need of His worshippers because they have freed themselves from the selfish motives that frustrate efforts and disappoint hopes

He whom God protects, nothing can destroy

We are not alone in this world, for God is with us, and there are enduring, intimate, and friendly relationships from which we draw support and joy

O shining star of guidance in the heavens of wisdom, your brilliant flash invites me to explore your blessed horizons, and my longing bird rushes with great speed, piercing the dense, gloomy atmosphere, driven by yearning for you and to bask in your most sacred radiance

One's personality begins to develop and blossom when one is able to feel - through inner, intuitive sensation - that it is not the solid physical body but the eternal spiritual current within the body

When the heart of the disciple overflows with love for God, his face will shine with a smile of peace and wisdom, and the layers of ignorance that envelop his soul will crumble and vanish completely

When you look at a flower or a tree, you know that these beautiful forms of life did not come into existence on their own God is the one who shaped them and endowed them with fragrance and exquisite beauty

Always perform your duties, both small and large, with deep attention, remembering that God guides your steps and strengthens your efforts to achieve your noble aspirations

When a person connects with their spiritual essence, long-forgotten, bygone eras and the immortal powers of the soul return to their consciousness In meditation, one remembers that they are an immortal soul, not a mortal body

Everywhere we find people, good and bad, searching for happiness in their own way No one wants to harm themselves So why do some people act in ways that inevitably cause them pain and sorrow? Because those actions are driven by ignorance and delusion

We ask you, O Lord, to shine upon us with the light of your wisdom and to remove from us the darkness of ignorance and delusion

A conscious person should be cautious rather than fearful, and should cultivate within himself a sense of boldness without recklessness and rashness so as not to expose himself to circumstances that may provoke fear and anxiety

Wisdom does not depend on the injection of information from the outside, but on the power of internal acceptance, which determines the amount of true knowledge that can be acquired and the speed at which that knowledge can be attained

This world is merely a stage upon which we perform our roles under the direction of the Divine Director We must perform well regardless of the nature of the roles assigned to us, always remembering that our essential nature is perpetual bliss

The wisest of the wise is he who seeks to know God, and the most successful of the successful is he who has found God

O Divine Beloved, may you occupy first place in our lives, may your healing love fill our hearts, and may your blessed light dispel the darkness of worries from our souls

Freedom means acting according to conscience, not according to the dictates of habit and desire Obeying the ego and its whims breeds constraints, while heeding the promptings of wisdom grants liberation from those constraints

Peace of mind can be found through the conscious and deliberate development of good qualities, which, when fully grown, cannot be taken away from their owner unless he chooses to give them up of his own free will

Most people seek happiness using misguided methods Some believe they can double their happiness by adopting wrong behaviors and unhealthy actions that seem to offer glittering promises of overwhelming and lasting happiness, and they are deceived by those false promises, as the taste of true happiness cannot be savored in the hell of false illusions and wrong actions

Every minute is eternity because eternity can be experienced within that minute Days, minutes, and hours are windows through which we can glimpse eternity Life is short, yet simultaneously endless and boundless The soul is immortal, and during this brief chapter of human life, we must make the most of every available potential and opportunity

Spiritual words are like seeds that need fertile soil in order to sprout, grow, bloom, and bear fruit

Spiritual growth requires self-reflection, rearranging life priorities, identifying and eliminating harmful habits, and observing health rules and laws in line with evolving spiritual understanding and growing mental strength

When the disciple tastes divine joy, he will find that God has become more real to him than anything else, and he will realize that touching the

divine presence is a bliss that no sensory pleasure can equal

God works to awaken man’s spiritual consciousness and guide his will in the right direction through the beauty of virtue, the greatness of tolerance, the majesty of wisdom, and the splendor of spiritual happiness

I will not consider others strangers because I feel that everyone is my brother or sister I will make my life successful and fulfilling so that I can help others succeed and achieve I will empathize with others and show them compassion as I show myself I will love God as the prophets and saints loved Him, and I will cast selfishness into the well of my love for others

Beyond this fleeting, earthly life, subject to death, lies an eternal, unchanging life The body is composed of chemical elements that decay and perish, but beyond this transient existence lies an eternal, heavenly life in God's presence Therefore, we should not confine all our attention to this impermanent body, and those who desire it must endure its trials and become its masters

Today I will try to help those in need and give what I can to the hungry

I am safe and secure in God's protection and behind the walls of my clear conscience I am one with the light of goodness that guides the ships of souls tossed about by waves of sorrow in a sea of confusion and anxiety

Today I feel God in the flutter of peace that trembles within me and stirs the strings of my heart

I will do all I can to make others happy, just as I strive to make myself happy, and through my spiritual happiness I will serve everyone in the house of divine love and I will fear nothing but myself if I try to deceive my conscience

From the gardens of the soul

You intend to go somewhere, and you rush yourself to get there quickly When you arrive, you find that you don't enjoy the place because of the eagerness, anxiety, and perhaps even turmoil you feel Instead, try to be calmer, more composed, and more balanced If your thoughts incline towards worry and agitation, forcefully suppress them until they regain their composure

Excitement negatively affects the balance of the nervous system because it sends a large amount of energy to some parts of the body while depriving others of their natural share This imbalance in energy distribution is the cause of nervousness A calm and relaxed body soothes the nerves and promotes psychological well-being

In harmony with God, inner vision begins to unfold gradually One must have complete faith that God will answer every heartfelt prayer Whoever turns to Him seeking enlightenment will have their vision opened and their mind and heart illuminated

When insight opens, it manifests as a feeling that seems to emanate from the heart, a feeling of profound clarity and precision Through this feeling, the seeker gains unwavering conviction and sound guidance to follow the right path, and gradually comes to recognize and trust this feeling

This does not mean abandoning thinking altogether; calm, unbiased thinking also leads to insight Emotional thinking, driven by vanity and self-importance, leads to misunderstandings and erroneous conclusions

Reject destructive doubt and false beliefs wholeheartedly, and turn your heart and soul to the realm of faith and complete trust in God In the stillness of contemplation, your consciousness will be able to focus on truth and correct understanding In this experience, faith blossoms and unfolds, and through insight, you will experience what no eye has seen, no ear has heard, and no human mind has conceived

Every breath of my longing and supplication opens doors and windows in my soul through which I pass to God’s bliss

Just as the sun shines on the busiest roads, so I will see the rays of divine love in all the crowded places of my daily activities

Bless me, O Lord, so that I may awaken my soul with the dawn and bring it to Your blessed threshold

O Lord, grant me a generous spirit to share with others what I have, and help me to see in the

still lake of my mind the reflection of my soul’s moon shining with the light of Your presence

Today I will dive deep into the sea of contemplation and reflection on God until I find pearls of wisdom and divine joy

I will love you, Lord, more than anything else, because without you I cannot love any human being or anything else

In the depths of the mountains and the still skies, and in the depths of my soul and the cave of silence, I sense the presence of God and feel His constant joy, and I drink from His pure springs that never cease nor dry up for all eternity

I love and worship You, O Lord, whose love reigns supreme in every kind and loving heart

Someone asked the teacher Paramahansa to show him a way to develop a magnetic and attractive personality, and he said: You must be mentally present when interacting with others because absentmindedness is more damaging to one's character than anything else Of course, I'm not referring to the absentmindedness of great people, whose thoughts are usually absorbed in profound matters

Always be alert and aware, and you will become an attractive magnet

No one likes to be ignored We all want our feelings to be considered and taken into account, and likewise, we must consider the feelings of others and show them consideration in order to achieve harmony and understanding To do this,

you must be alert, perceptive, and attentive to everyone around you

The dead have no power to insult others, but the one who pays no attention to them does

When you are in the company of others, interact with them attentively, energetically, and with interest, but avoid talking about yourself

Everyone wants to talk about themselves, but it's a weak approach Let others talk about themselves if they wish; listen to what they have to say Let them speak of their problems, their achievements, and their impressions, but let your magnetism speak for you The light of the lamp speaks for itself clearly; let your silent vibrations speak for you with equal clarity

God showed me in a vision that those who die in battle have a terrible dream of death, but as soon as the good ones rise from the body they wake up as if from a disturbing nightmare and are glad to be free of it

All our life experiences are part of the cosmic dream Humanity created the nightmare of war, but after the victims of this nightmare leave their bodies, they realize it was a terrible dream from which they have awakened, and they understand that they are not dead This is a profound metaphysical truth

If a person knew they were dreaming, they wouldn't suffer from disturbing dream experiences But if they achieve self-realization within the dream and someone delivers a fatal blow, that

dream death seems like a real and terrifying ordeal until they wake up and realize it wasn't real

This also applies to the state after death As soon as we leave our bodies, we realize that our consciousness has not died, but rather that we have been freed from the body and its material constraints and limitations, and in that liberation lies a great freedom

We should never ask for death, but rather prepare our consciousness by being in harmony with God and meditating on Him, so that when death comes in its time we can look at it as nothing more than a dream

I can see the dreamy nature of life and death whenever I want Therefore, I do not attach much importance to this body

There is a spiritual physiology underlying the nervous system that uniquely allows humans to reach the highest stages of the development of consciousness

The human brain, larger than the brains of most animals except whales and elephants, is more complex and possesses a greater capacity for thought This makes the human brain a suitable instrument for humans, who possess a more advanced consciousness than other creatures The brain's intricate and complex convolutions enable humans to think deeply and profoundly Therefore, only humankind is capable of reaching advanced levels of discernment, and consequently, of knowing its Creator The wise person is the one who employs their intellectual abilities in the service

and benefit of humanity on the material, intellectual, and spiritual levels

Winter arrived in its cold, white, lily-like cloak

My desires for the joys of summer have faded

I was told to seek the warmth of your kind heart

And as spring appeared, dancing, adorned with all kinds of flowers

Scented with the fragrance of fields and hills I was told to love you, my God

And summer came, singing its green melodies in the tender leaves, the rustling of the poplars, and the rustling of the pine trees

He insisted that I recite to you

Even the soft, tender soil caressed my hurried feet

And she asked them to approach your all-existent sanctuary

The soft fragrance told me to follow its path

To your holy temple in the heart of swaying roses and basil

And the birds told me to sing to you like them

And the undulating breeze over the streams and brooks

I awakened the bubbles of my love for you, and they began to frolic above your large chest

And with the curved fibers of the grass, I learned how to bend

I bow down to you, O Lord

And the incense also told me of the wonderful fragrance of your perfume

And how should I keep my heart filled with your sacred fragrance before your infinite throne?

And the small, silent, patient stones told me so that I might see you even in those who try to steal my happiness

The forgotten years asked me to send to my fellow human beings a message of love and affection wrapped up in every minute and second

And every thought told me to search for you in her heart

My love inspired me to love all that exists through you

And my love whispered to me, "Love me with all the strength I possess, O my God"

Once I lay on a bed of grass and flowers and dreamed that everything in existence was beautiful and joyful

My head was resting on tall, green, and thick grasses, which fanned me with breezes carrying a sweet fragrance

Then I was driven to touch my hand and my body, and I was amazed by the greatness of its Creator Yes, I was amazed that I, who am certain of the reality of my body, will one day leave it to rest in the earth this body that will become cold, pale, and motionless at the time of death, while now it seems vibrant with life and harbors hundreds of sensations, millions of thoughts, and billions of fantasies and perceptions

This body is the stage upon which the chapters of life unfold, where the buds of smiles blossom, only to be followed by the inevitable

arrival of death Here, amidst flesh, bone, and blood, and behind the beautiful mask of skin, lurk the wolves of disease and the beasts of desire And here, too, beneath the flesh, lies a secret passage to the kingdom of light This body will wither and fade away when its master—the soul—departs it irrevocably And why not? For when the enlightened master of the physical abode tires of living in the muddy, crumbling hut of matter, bound by the cords of nerves that demand constant care, he finds solace in another house in some corner of God's earth—in another realm of total existence where the fragrance of joy permeates everywhere and ceaselessly

The immortal soul plays the role of life and death with a perpetual smile, then departs to its eternal home

Are moviegoers obligated to remain in the cinema forever after the show ends? Certainly not People must return home Similarly, souls come here to enjoy the cinematic spectacle of life, then depart and return again They love watching films and plays, and when they tire of the performances they dreamed of, and have mastered the lessons God wants them to learn, they return once and for all to the abode of eternal bliss

When values are not founded on justice, gaps open through which misery and suffering seep If values are based on selfishness, deadly conflict, and fierce competition, the results will be tainted because the motives are impure, and money will not be blessed in such a case

A person must purify their conscience of selfishness and not try to enrich themselves at the expense of others True contentment is spiritual, not material, and the real gain in life is possessing the treasures of wisdom, knowledge, and the love of God

We should live simply and always strive to help others and improve their circumstances as much as possible But this noble goal is incompatible with selfishness and greed without regard for others

Those who are worldly are unbalanced and therefore not considered successful A simple, balanced life is a wonderful art and a sign of success Those whose sole aim is to acquire money will not find favor with God

It is true that God instilled in us the feeling of hunger so that we might work and provide for our bodies, but providing for the body is not the sole purpose of life The purpose is far greater than any material or temporal consideration, however wonderful, glorious, and dazzling it may seem

One of the disciples asked Master Paramahansa how to experience the divine presence He replied, "Every night, before surrendering to sleep, meditate until you feel your consciousness has pierced the world of thoughts and entered another dimension However, this is not all After turning the mind inward, longing must surge forth, and desires must rush like a flood toward God When the disciple surrenders himself completely to God, he suddenly feels that he has

touched His blessed presence and recognized Him He will see a great light of exceeding brightness, and he may see angels and benevolent souls Or he may smell an intoxicating heavenly fragrance, and he will then know that God has answered him, and his insight will be opened, and God will reveal to him the secrets of life Or he may be enveloped in great peace during meditation If he continues meditating and God bestows His great love upon him, he will feel a divine joy beyond description Blessed is he who is granted this blissful experience"

Divine love opens the gate of heaven, through which the seeker enters the presence of God

If a person asks God, the gracious and wise, for the bread of eternal life, He will not give them the stone of material ignorance If a worshipper seeks the food of wisdom, God will not offer them the serpent of deceit If a worshipper asks God for the essence of divine bliss that quenches all thirst, He will not give them the scorpion of anxiety and psychological distress If deceived humans know how to give good gifts to their children, how much more will the Lord—the source of all goodness and joy—give spiritual knowledge and enlightenment to those who love Him!

God bestows the highest wisdom and greatest knowledge upon those who seek them, and He bestows Himself upon the earnest seeker who accepts no substitute He who seeks God with all his heart and soul is the wisest of the wise, and the dearest of people to God And when the

worshipper's longing intensifies, he receives a rare and beloved response from God and experiences the unique ecstasy of love that is experienced by those who love the Beloved

The wise person who plays his part in this cosmic dream with spiritual awareness and a growing divine longing is close to God and dear to Him He possesses pure love and loves God without any selfish motives and without any preconditions, such as saying, for example, "O Lord, I will worship you on the condition that you grant me health, money, and a comfortable life"

Between the wise and God there is a deep, mutual love that is boundless and endless If someone asks God for something specific, God is fully aware that the person is more interested in His gifts than in Him

It is not wrong for a person to pray for their needs to be met, but when they supplicate to know God and behold the light of His glorious countenance, they should not desire any personal gain from it, nor should their thoughts be limited to the gifts themselves, but rather to the Giver Himself When the seeker is able to do this sincerely, they will automatically receive all other gifts from the wellspring of generosity and the ocean of bounty

One of the disciples asked the teacher Paramahansa for advice on how to behave in certain situations and deal with others, and he said:

Follow the truth and do not deviate from it, and avoid saying anything that might harm you or others, even if it is true , as long as you do not stray from the spirit of truth At the same time, you must not go to the opposite extreme and resort to lying to avoid stating painful truths

Be honest with yourself and others without dwelling on the unnecessary Speak the truth and avoid saying things that hurt or harm anyone Don't reveal all your secrets in the name of honesty and transparency, because if you expose your weaknesses, they will try to hurt or ridicule you whenever they feel like it Why give them a weapon they can use against you?

Speak and act in a way that brings happiness and peace to yourself and others

It is necessary to develop spiritual discernment to know the difference between the truth that brings good and recounting facts without considering the consequences that may result from them, for things are judged by their endings It is not advisable to say everything you know, nor is it advisable to be evasive and secretive about matters that others should know for their own good

When you do not have full discernment, it is best to be reserved in speech until you have a direct understanding of the truth with fair results for all

Keep thinking about God and ask for His help and guidance, and your insight will be opened so that you see things clearly and you will then be able to distinguish better

Charging the body's cells with youthful vitality

Cosmic energy flows into the body constantly and without interruption, but most people are unaware of this abundant vitality Those who do feel it experience a surge of energy in their cells and a refreshing current that provides them with renewed strength

All of nature bows in reverence to the Lord of the Universe, and His power flows through humanity The problem lies in the failure to cultivate a strong connection between humanity and the source of all power We live directly by divine power, and all other powers are useless without God's sustaining power

Food, oxygen, and sunlight—these elements can provide us with some degree of health, but we need to understand how to obtain complete health from the Infinite Source Material sources are like small batteries that eventually run out of charge, while the Infinite Source is a mighty generator whose power never diminishes, continuously supplying the soul with vitality, happiness, and strength Therefore, it is of paramount importance to rely on the Infinite Source as much as possible

The person who desires must learn the correct way to benefit from that vital supply directly from its source, and must realize that thought is reality, for all natural phenomena are an embodiment of divine thought because God thought about this earth before creating it

Many believe that thought is a product of the body, but the extremely precise formation of the body, and the wonderful coordination between its parts and organs, clearly indicate that the body is the creation of a supremely sublime cosmic mind

The mind is the main element that controls the body, and it is very important for a person to avoid the mental suggestions of human deficiencies such as illness, weakness, aging, and frustration, and to assure himself that an inexhaustible activity flows through him, and this activity is endowed with intelligence and is able to charge the body’s cells with wellness and the vitality of youth

Thought is the brain, the emotions, and the sensations of every living cell; it has the power to keep the body either active and alert or lethargic and sluggish Thought is the master, and the body's cells are its subjects, obeying the commands and prohibitions of their supreme master: thought

We pay considerable attention to the quality of food we eat daily, and similarly we should pay attention to the quality of intellectual and psychological food we provide to our minds every day

The metaphysical scientist says that the body is not an electromagnetic wave but a wave of consciousness floating in the sea of divine consciousness

Every day we must strengthen our physical strength, increase our mental strength, and get to know our true selves through meditation, sound

thinking, and positive, productive work that benefits the body, mind, and spirit together

God has blessed me with happiness throughout these long years of my life Whether people see the smile of contentment on my face or not, divine joy is always with me and never leaves me The great river of bliss flows continuously beneath the sands of my consciousness and bursts forth as blessed springs that water the gardens of my life

Neither the sudden upheavals of life can disturb my peace, nor can the specter of death take away the spiritual happiness I feel

It was difficult to make that state permanent and unchangeable, but the fruits of the spirit that I now enjoy and share with others were worth all the effort I put into it

I think and act guided by the divine spirit Money has never been my goal in life, but rather serving my brothers and sisters in humanity Therefore, God has opened many doors of goodness for me to sustain myself and fulfill my mission And whenever I need help, God provides it immediately

My only wish is to serve you, and that is why I am here

God's power is at work in your lives as well You will experience this truth for yourselves when your faith is strengthened and you realize that true wealth comes not from material success but from the Almighty

Although life seems unpredictable, capricious, and mysterious, fraught with doubts and all sorts of problems and upheavals, we remain under God's constant protection We must not exaggerate matters or lose our composure in the face of events, because if we allow panic to overwhelm us, we give power to evil and deepen its roots, which grow and thrive in the soil of fear and anxiety

We shouldn't expect to find lasting happiness and peace in life's trials; rather, we must seek and discover them within ourselves Then, whatever experiences we go through, we will deal with them in the same way we watch someone else's experiences in a movie, whether pleasant or painful

A person can turn all their experiences into painful, unhappy trials if they allow their mind to do so They may enjoy good health and yet fail to appreciate its value But if they fall ill, they will then humble themselves and appreciate the blessing of well-being We should acknowledge God's favor and thank Him for the blessings He bestows upon us without waiting for adverse circumstances to make us grateful and acknowledge His grace

Life should be a blend of reflection and action When a person loses their psychological balance, they become vulnerable to the onslaught of worries, the clouds of sorrow, and the pangs of pain And if they attempt to violate the laws of health, prosperity, and wisdom, they will inevitably suffer from illness, poverty, and ignorance

We must keep our intentions pure, our motives clean, and act in a way that brings us peace of mind, and not allow life's circumstances to disturb our peace and destroy our happiness

also strengthen our intellect and reject the burden of intellectual and moral weakness inherited from years and generations These impurities must be burned away in the fires of renewed resolve and productive action With this constructive approach, the truly committed individual can reach the horizons of liberation and freedom

The eternal laws of happiness

It was said that during the golden age of one of the righteous rulers of India, no incident, premature death, or natural disasters occurred that disturbed the peace and complete harmony of his kingdom

When family members live with greater integrity, every home will experience more harmony, health, and affection But when family members treat each other with ugly selfishness, the home will automatically be filled with discord and hatred This also applies to nations When people live with honesty and integrity, they will witness the Kingdom of God on Earth

Time is short Today we are here, tomorrow we will depart The search for God is the highest privilege of humankind We must make the most of the freedom God has given us in this life and use it wisely so that we may personally experience eternal spiritual truths

Sin is everything that causes pain and suffering for a person Virtue is what makes them happy forever If a person does not possess spiritual harmony in their thoughts and peace within themselves, a new house, a new car, or anything else new will not be able to bring happiness and tranquility to their soul; rather, their inner torment will remain even with the acquisition of those new things and more

True happiness lies in the ability to defy circumstances and withstand all external trials It is found when you can endure the agonizing pain and harsh hardships caused by the prejudice and malicious attempts of others to harm and ensnare you, and you respond to their transgressions with love and forgiveness When you are able to maintain your peace of mind despite the painful stings of external circumstances, then you will taste happiness

The Holy Scriptures state that those who disregard divine commandments and pursue their foolish desires and whims will not find happiness nor achieve their ultimate goal They urge the seeker of truth to make the Holy Scriptures their guiding light and judge in determining what should be done and what should be avoided, and to discern matters and act according to wisdom

Those who are self-confident are the ones who act with integrity Happiness comes only from pure thoughts and upright actions If you are happy now, you will be happy in the future, both here and in the next world

We must accumulate the harvest of good fortune by gathering the fruits of wisdom while the sun of available opportunities shines In other words, we must seize opportunities before it is too late

(Seize the opportunity, for if you do not seize the opportunity, it will become a source of regret)

God has given us spiritual laws called commandments But these commandments are disregarded and broken every day and everywhere Unless people understand their spiritual meaning, they will always complain about them and turn away from them These commandments are timeless codes of conduct endorsed by all Abrahamic religions However, the texts often fail to explain the psychological aspects of these commandments and the benefits associated with following them People accept these commandments in places of worship but fail to follow them outside of them, justifying this by claiming that these rules are impractical, illogical, and out of step with the times Yet, the violation of these commandments is the root cause of all misery in the world

But what is the benefit of those commandments and where do their advantages lie?

The holy books advise man to contemplate God, to immerse his mind in Him, to surrender all matters to Him, and to worship Him with sincere worship, unmixed with hypocrisy and untainted by pretense

Knowing God should be the ultimate goal of life Worldly duties cannot be fulfilled without the power God has bestowed upon humanity To perform ordinary duties while forgetting God is a mistake and a sin

Sin means ignorance: acting in a way that is contrary to the greatest good of man

Why do people feel sadness and regret? Because they did not act uprightly because God was not first in their hearts

Nothing in a person's life should be considered more important than God If a person truly cares for God and fulfills their spiritual duty towards Him, their circumstances will improve in every way, and they will feel safe and secure despite all surrounding circumstances

As soon as a person begins to worship possessions, money, fame, or anything else besides God, unhappiness becomes their lot Those who focus all their attention on these things are in reality worshipping them, and therefore they do not draw closer to God but rather drift away from Him But those who contemplate God, meditate on Him, and commune with Him in their hearts draw near to Him and experience inner joy in their silent communion with Him

God alone is capable of fulfilling human dreams and hopes for lasting happiness Therefore, nothing should be allowed to take God's place in the heart

There are sacred symbols that may help the seeker remember God and draw closer to Him

However, if a person begins to worship these symbols, their harm will outweigh their benefit Worship should be directed only to God, for nothing else is worthy of worship

Whatever the nature of ritualistic worship, it is acceptable to God as long as the worshipper performs it with spiritual awareness and longing for Him However, many people do not grasp the essence of worship, and their thoughts and hearts are diverted from God to the rituals, thus not benefiting much from their worship

True worshippers do not allow their consciousness to be confined to any image or form, but they focus with the deepest love and full attention on the divine spirit behind all images and forms

God is absolute and infinite, and no image or statue can contain Him

It can be said that God manifests himself in everyone who loves Him sincerely and is in harmony with Him, because He is present everywhere and therefore present in everyone However, not everyone has the ability to manifest the divine presence The sun shines equally on both coal and diamond, but the diamond receives and reflects the sunlight, while the coal cannot Similarly, all people are immersed in God's light, but only a few are able to receive that light and reflect it in their thoughts and actions To do so, they must purify themselves through meditation and by following divine teachings and commandments

When we pronounce the name of God, we must be deeply and sincerely aware of what we are saying If you could see into people's thoughts during prayer, you would find that most are thinking about everything but God, even though they are uttering His name! Such a prayer is fruitless and worthless

When we pray, we should strive to focus our entire minds on God, rather than merely repeating His blessed name while allowing our thoughts to wander One of my aunts used to recite her prayers on prayer beads, which were rarely out of her hand But she confessed to me one day that despite practicing this prayer habit for forty years, God had not answered her prayers No wonder! Her "prayers" were nothing more than a nervous habit

When we pray, we should think of nothing but God We should strive to be sincere in our worship and devoted in our supplications Using prayer beads and constantly invoking God's name is perfectly acceptable when the practice stems from the heart and is supported by sincerity and focused mind However, this practice can become automatic over time

We must whisper God's name in our hearts, on the rosary of longing and divine love; this is true worship that touches God's heart To utter God's name with coldness and a wandering mind is blasphemy and disrespect When one prays, one's heart and mind must be filled with the love of God Practicing mental focus through higher yogic exercises helps us draw closer to God, the supreme

source of glory and splendor, and also helps us to contemplate and commune with Him

It is essential to dedicate one day a week to spiritual retreat (if possible) for contemplation of God and to experience tranquility, peace, and inner peace Time spent in this way will be a soothing balm for the troubles and anxieties you encounter during the rest of the week

Everyone needs to spend one day each week in seclusion or a "spiritual retreat" to heal their emotional wounds and pains When that day becomes one of peace, joy, and contentment, you will eagerly await it week after week

Solitude is the price of greatness You will be amazed by the wonderful results that will be achieved for your mind, body, and soul through this spiritual retreat and connection with your spirit and with God If you aspire to true happiness, you must immerse yourself in the ocean of divine peace early in the morning upon waking, and also before going to sleep at night

The sages of India advise not just one day of seclusion, but emphasize the need for quiet meditation during four specific times each day At dawn, before rising and seeing anyone, one should enjoy the tranquility and sense of peace At midday, one should calm the mind before lunch, and again enjoy a period of peace before dinner Finally, before going to bed at night, one should enter a state of peace once more

Those who observe silence diligently during solitude and throughout these four daily periods

are bound to feel in harmony with God Those who cannot observe all of these periods should dedicate at least the morning and evening hours By doing so, their lives will be transformed for the better, and they will experience happiness; experience is the best proof

If you keep writing and signing checks without depositing enough funds to cover your bank account, you will run out of money The same applies to your life Without regular deposits of peace in your life account, your energy will be depleted, your tranquility will vanish, and your happiness will evaporate In short, you will eventually suffer emotional, mental, physical, and spiritual bankruptcy But deep daily meditation on God will compensate for the deficiencies in your soul

The devout seeker meditates daily, communing with God with all the love and longing in his heart, beseeching Him to reveal Himself If you are a lover of God and yearn to experience His presence, you must immerse your mind and body in His peace, and life will smile upon you, and your affairs will improve in many ways A calm person rarely makes mistakes and succeeds where thousands fail

Those who do not think about God or care about Him become depressed and miserable They become irritable and turn into walking machines

The sun of wisdom and peace will rise in the sky of tranquility and will envelop your being with

its healing rays as long as you make a spiritual effort and give first place to God in your heart

A day of reflection should also be a day of mental and physical rest and the cultivation of inner peace Any activity that yields wisdom and peace is a blessed activity on that day

As for honoring parents, the holy books have recommended treating them well: “Honor your father and mother” and “Be kind to parents”

Human fathers and mothers should be honored as representatives of God, who endowed them with the gift of creating humankind A mother is the embodiment of God's pure love, for a loving mother forgives where no one else will The father is the manifestation of God's wisdom and protection for his children

A person should not love their father and mother apart from God, but as an expression of that love The protector and the wise one The supreme divine spirit becomes the father and mother to help the child, therefore it must be honored in the parents

The scriptures also advise us against killing for the sake of killing, for then one becomes a murderer A person should not take another's life in a moment of intense emotion However, if loved ones are threatened, one must fight to protect those God has entrusted to them, for it is a sacred duty to defend one's family and country

Regarding the prohibition against adultery, the ideal purpose of sexual union should be the procreation of children created in God's image and

the expression of the pure love felt by spouses who see God in one another Those who live solely on a physical level, without any regard for true love or the higher purpose for which sexual desire was created, commit adultery according to this commandment In this case, they are no different from animals that satisfy their sexual urges and then go on their way

God created this creative drive in men and women to procreate and express true mutual love in married life, and it should not be misused otherwise, but rather transformed into a sacred activity and knowledge

If you can control and distribute sexual power within your being, you will be able to develop great mental abilities for writing, drawing, or for revealing latent talents in countless other ways

And when you are finally able to control and spiritually transform creative activity, you will experience great peace, great love, and increasing spiritual joy

Saints and spiritual leaders who have spiritually transformed their sexual activity are giants capable of performing amazing and astonishing feats in the world and in the esoteric search for truth

Thus, the highest use of the sexual drive is to elevate its power, that is, to channel its energy toward a higher purpose in order to manifest wisdom, lofty ideas, and spiritual ideals One should not derive pleasure from sexual thoughts or desire what is forbidden When this kind of self-control is

achieved, one will have a sound perspective on sexual intercourse and its higher purpose

Being enslaved to sexual matters means losing health, self-control, and intellectual peace, and in short, all the elements of happiness that a person needs

The holy books also urge us not to steal If a group of a thousand people were to steal from one another, each would have 999 enemies Therefore, one must not infringe upon the rights of others, nor seize their land, peace, love, dignity, or any of their material or spiritual possessions If you do not feel the desire to take what is not yours, what you need or desire will come to you Theft originates first in the mind when a person begins to envy others The seeds of malicious desires must be uprooted from the mind Spiritual altruism is the way Then, a person will naturally attract abundance, and blessings will flow to them from sources they know and sources they do not know It is an infallible divine law As for thieves and selfish people , they spend their lives chasing after material possessions, their eyes always on what others have , even if their own coffers are overflowing with gold

Unless material selfishness is abandoned, the world cannot know happiness

Happiness comes only through spiritual cooperation It comes when a person feels the needs of others as if they were their own and works for others as they work for themselves

Another important commandment is to avoid bearing false witness Harming anyone by distorting the truth is another way to undermine social harmony If one wishes to be treated well, one should treat others accordingly

The truth should always be told, but a distinction must be made between stating the truth and merely stating facts Referring to someone as lame or blind is hurtful and unhelpful; one should be considerate of others' feelings and avoid embarrassing them Similarly, revealing a truth that could betray someone without a noble purpose is also wrong On the other hand, one should not lie to avoid telling the truth; rather, one can remain silent in certain situations to avoid embarrassing or harming others

One must beware of envy, a destructive disease that gnaws at the peace of the soul The more one covets what belongs to others, the greater one's unhappiness and misery become The envious person lives a troubled life, never knowing the taste of tranquility It is far better for them to respect themselves, rely on themselves, and seek inner spiritual richness

A person's dignity and intrinsic worth are far greater than anything they might desire or long to possess God is manifest in every human being in a way that is not manifest in any other human being Their face is unlike any other person's, and their soul is unlike any other person's, for within them lies the greatest treasure of all creation—and that greatest treasure is God

We are not shackled by the past

When a person has the right faith and acts accordingly, he is happier than those who lack faith and do not perform their duties in the battle of life

Sound faith and righteous action (supported by noble motives and good intentions) are always present wherever happiness exists, and are lost wherever happiness is absent From this, we can conclude that they are two essential conditions for happiness, which cannot be attained without them Those who desire happiness need only possess these two fundamental elements, which are its cornerstones and pillars

Humans cannot control—at will—the infinite components of the universe, nor can they modify or erase them These components are intricately interwoven with the fabric of human life, and humans cannot function in isolation from them However, they can control their minds to adapt to these components

Do not harm him

Our ancestors were happier than us not because they possessed more worldly things and pleasures than we do now, or because they were less exposed to life's problems, but because they possessed the psychological balance that gave them comfort, peace, contentment, and in short happiness

They didn't depend on external circumstances for their happiness, nor did they succumb to external conditions that would rob them of it Their feelings of comfort, peace, happiness, and

contentment were natural, normal, healthy, and lasting We, too, should cultivate these feelings if we wish to possess happiness And who among us doesn't?

Fate is the result of a past exercise of free will or freedom of choice Through our past practices of free will, we have brought and continue to bring upon ourselves fate and destiny However, we are not bound by the past, nor are we forever constrained by the consequences of our actions We can undo what we have sown and erase what we have written if we so desire and strive to correct our course and improve the quality of our harvest If we eradicate the seeds of actions with painful consequences and plant in their place seeds more suited to the nature of the soul, we will surely reap the fruits of happiness from those good seeds sown in the soil of the soul We must exercise free will now, now and not tomorrow, if we wish to attain greater happiness or lessen suffering and pain

Therefore, the conditions for happiness lie within the human being, and all he has to do is deal seriously with that equation that does not err, and the results will be in his favor if he makes the best assessment and dealing with it But the person with a strong will is in harmony with God

Concentrated mind energy

When you concentrate sunlight By focusing a magnifying lens on a tiny point , it produces heat , and that heat can ignite wood Fabric, paper, and so on Similarly, when you focus your mind intently Its

concentrated energy To burn away the evils and roots of doubt, the cause of all failure , and to make the light of wisdom shine with brilliance and radiance

When thought is in harmony with God The source of all goodness and the origin of all blessed powers , he becomes aware of the divine presence and possesses all the elements of success These elements are closely linked to the immense power of God , capable of creating new reasons for success in any field

May God crown the good endeavors and benevolent efforts with success

Troubles and difficulties arise from a person's lack of awareness of their past actions, committed at a particular time and place Their current suffering stems from thoughts and deeds they uttered, which took root in the soil of their consciousness, sprouting into a plant and bearing fruit that reflects the very characteristics of those thoughts and actions

When you look at the sun millions of miles away in space, that enormous star appears much smaller than our Earth Yet, Earth's diameter is approximately 7,900 miles, while the sun's diameter is a hundred times greater If you could place our planet Earth directly in front of the sun, it would appear as a tiny dot compared to it Imagine the sun's vast expanse expanding until its immense mass engulfs the entire blue sky The sky we see is but a tiny fragment, a mere speck, of the infinite space that permeates the universe Even if

the sun continued its expansion into infinity, it still could not encompass the infinite This cosmic illusion of smallness and finitude limits the mind's ability to grasp the vastness of the universe , its origins, and its boundaries

He who is not subject to dimensions and measurements, who has no limit and no origin, is God, who is omnipresent and exists in the farthest reaches of space He is in the distant, remote stars , just as He is within you and within me , and He is consciously aware of every space He occupies No matter how small or large From the book " Man's Ultimate Goal "

Supplications

Oh, Lord

Take my hand from darkness to light

O cosmic stillness

I hear your voice in the murmur of the streams and the warbling of the nightingales

In the wailing of the wind, the roar of the waves, and the thunder of the vibrations

O beloved Lord

I worship you not with words, but with the longing of a heart burning with yearning for you

Let me see your vast expanse

Your constant presence behind everything

Perhaps I will realize that I am a part of your unchanging being for all eternity

O overflowing ocean

If only the winding rivers of my desires could flow through the deserts of obstacles and impediments

Finally, your greatest turmoil has blended

Help me to listen to your voice, Lord

The cosmic sound from which the vibration of the universe emanated

Let me perceive your presence through the blessed sound (Om - Amen)

melody Holy for all blessed voices

Expand my awareness as I listen to the symphony of existence

Let me feel like the cosmic ocean

And the body's rippling movements dancing on his chest

Let the most sacred voice resonate within me

Expanding my awareness from the body to the universe

May I feel perpetual, all-encompassing bliss

Exploding from a sea of overflowing light

O infinite power

O eternal wisdom

Charge my soul with your spiritual vibration

O voice of the blessed cosmic word

Correct my mistakes

I need

Take my hand from darkness to light

Whenever I think of You, O Lord, a flood of burning longing is born within me, shaking my feelings and flowing from my heart to every cell in my body, charging it with divine love

My greatest wish is to reach the very core of your being and revel in your presence

And suddenly the door of the soul opens, and I am overwhelmed with joy at the sight of your radiant light!

The past is unknown to most of humanity, with the exception of a select few enlightened individuals Yet, our ignorance of the past is also to our advantage For if we knew everything we have done in this life and in previous lives, we would be overwhelmed by the sheer volume of our actions and utterly bewildered Indeed, our will might even be paralyzed by the shock, rendering us incapable of continuing our pursuits and leaving us prey to despair Even in this earthly life, forgetfulness is a blessing from God, preventing the memories of the past, especially the bitter and painful ones, from overwhelming our thoughts and feelings

But thankfully, the divine spark within us always shines with hope and the desire to continue life's unending journey We must thank God for these two blessings: forgetting the past and hoping for the future

We should not conclude that fate places obstacles in the way of free will However, we must do our utmost to resist the negative influences that most people attribute to fate and destiny, and exercise our freedom of choice according to our inner convictions, provided that these convictions are based on sound faith and grounded in divine laws, without which a person cannot taste true happiness

When we embark on a task, we should not be intimidated by adverse circumstances, but rather

be optimistic to the utmost degree, with absolute faith that nothing can stand in the way of exercising our will and practicing our freedom of choice

If we fail to achieve our goal, it's acceptable to implicitly acknowledge that there were obstacles of our own making that prevented us from reaching it We must persevere and redouble our efforts to achieve our objective We must also affirm to ourselves that no matter how strong and formidable the obstacles and challenges may be, we still possess enough strength to remove them and overcome them Even if we fail despite all our attempts, there is no need for despair and frustration, as long as we understand that human will is stronger than destiny, which is of our own making Therefore, we must not cease trying, no matter how many times we fail, because there are always open doors We simply need to continue striving and repeating the attempt until success is granted to us God will provide us with assistance as long as we rely on Him and exert our effort He who walks the path will reach his destination, and he who trusts in God will not be disappointed

When a person desires something , and that desire is strong and urgent , that desire never leaves their consciousness , wherever they go and wherever they turn , and whatever their preoccupations and concerns may be Through its constant and persistent activity , that desire possesses tremendous determination and energy This intellectual whisper is stronger and more

effective than mechanical supplication , which does not go beyond moving the lips This is what lovers of God do ; they whisper their love for God without ceasing , and their whispers are heartfelt and inaudible , throughout all their daily activities This heartfelt whisper does not distract them , nor does it conflict with their other duties As their desire for God grows , their love for Him strengthens and deepens , until they touch His presence and see His light with the eye of the soul , tasting overwhelming joy and feeling a peace beyond description

God sends us lessons that we need in life so that we may benefit from them and gain understanding and experience Whoever avoids those lessons will be forced to learn them No matter how long it takes

Every test is a friend if we learn from it , and a tyrannical despot if we squander the opportunity and misuse it through complaining , resentment , and poor judgment

When we possess a sound understanding and the right attitude towards life , it becomes beautiful And free from complications

psychological cases

A person cannot remain forever carried on a wave of joy , or submerged beneath turbulent waters of sorrow , or drowned in the depths of boredom In this world characterized by conflicting dualities, The average person is subject to ups and downs He rises on a wave of joy and plunges into the depths of indifference , and is tossed about by

raging waves of sadness And he rarely knows of any other state of consciousness Allowing circumstances to toss thought about in this way It means surrendering one's will to a capricious and volatile fate

What a person needs to live a successful and fulfilling life is mental balance
This can only be achieved by focusing the mind Controlling psychological faculties

Even the deepest sorrows heal with time , so there is no point in dwelling on grief Every single day of our lives Prolonged grief over a departed loved one neither helps him nor us , and it does not change anything in reality Developing an inferiority complex or self-punishment Dwelling on past mistakes or failures is useless It only makes life miserable and stifles mental abilities

We must not allow ourselves to fall into the pit of boring routine , because that is a psychological state that is far from comfortable , as it worries the mind and burns away latent abilities in the furnace of apathy

Failure must be eradicated from its roots, and the fields of life must be plowed with diligence and determination and sown with seeds of goodness in order to reap a bountiful harvest with God’s help

Iron in the Silver Jubilee

I was once invited to a silver jubilee celebration for a couple who seemed to be one of the happiest couples , but the moment I entered their home I sensed something was wrong I asked two of my students to observe how they treated

each other during the evening, and they later told me The husband and wife smile at each other in front of others and address each other with the sweetest words like "Yes, my dear" and "Of course, my love," and other such friendly phrases But as soon as they think they are alone, they bicker and direct hurtful words at each other

I spoke to them and said : You invited me to attend your party, but the atmosphere is tense and I feel there is a great deal of discord in this house, and it seems to me that there is a lot of iron in this silver jubilee

At first, they were offended , but they later admitted I was right and apologized She continued, saying : What do you gain from arguing and quarreling all the time?

It seems you're living together to maintain your reputation as a perfect couple, but you need to be that way with each other and live in peace and harmony for your own happiness and peace of mind

Magnetic food

When people talk about food or nutrition, they usually mean the physical food consumed to sustain the body However, there are other types of nourishment that are no less important than physical food, and are often even more so , such as intellectual or spiritual nourishment Mental activity or concentration of mind, wisdom and spiritual discernment

Physical food sustains the body's cells, while intellectual food fills the mind with healthy ideas,

and the food of wisdom revitalizes the soul and develops its faculties

Intellectual nourishment usually consists of the ideas that a person thinks and those he receives from others through contact and interaction with them

People with calm temperaments and noble dispositions help to make our thoughts magnetic and healthy

It's not difficult to determine whether a person draws their intellectual nourishment from a peaceful or a disruptive environment Anxiety, distress, and confusion all stem from associating with the wrong kind of people, whether friends or relatives This causes anxious thoughts and a bad mood

The body derives energy and vitality from physical foods, while magnetic foods supply both the body and mind with energy charges that are more easily digestible than solid and liquid foods, which cannot be easily converted into living energy

When you can transform ignorance into wisdom , weakness and frailty into health and vitality , and walk confidently and boldly – even alone – on the paths of life , and experience inner joy in possessing a living and vigilant conscience , and unwavering faith in God's justice and the triumph of right over wrong and truth over illusion

And when you try every day to release your thoughts towards higher and more refined levels , and you possess a loving and grateful heart , and good intentions towards others , your intellectual

nourishment will be magnetic , and you will then attract to yourself all that is beautiful and useful , from things, people and circumstances , that are needed to continue the journey towards the shores of security and safety

When you exert effort to obtain what you need , and are content with what God provides, you will be richer in spirit and more satisfied than those who are obsessed with worldly possessions and covetous of its fleeting pleasures

When a person seeks God , who is the only true friend , beyond all friends , it becomes possible to establish genuine friendship in all human relationships : familial, fraternal, marital, and spiritual

Friendship is a vital element in marital relationships , and priority should be given to intellectual and emotional closeness , a sense of moral attraction , and genuine love and friendship

Those who cannot distinguish between true love and sensual attraction are disappointed time and time again

When marriage is founded on high ideals and mutual respect , it becomes a happy and successful union between two loving souls And they cooperate to ease the burdens of life for each other , and dispel the worries of living through compassion And mutual, friendly understanding

No one can control me or take away my will , unless I allow the thoughts and actions of others to influence me

Lord , I realize I have an endless opportunity before me To explore my abilities and discover my spiritual potential , I will replace material attachments with higher aspirations And I will realize that the faithful spirit is always with me

Today I will fill my thoughts with a dose of optimism , I will distance myself from unpleasant experiences , and I will practice what will nurture the body, mind, and spirit In a balanced and consistent manner

The dance of life and death is ever-present , but I will liberate myself forever by safeguarding my spiritual identity And when the storms of trials and tribulations confront me , I will set sail in the vessel of my soul Across the sea of life To the safe, divine shores

When I work and create I will remember that God works through me ; He is the Lord of the universe And I can connect with him by meditating deeply on him

My dear God , I realize that my thoughts will bring me either failure or success , depending on which thought is the strongest in my life Therefore, I will try to remember that you are extending a helping hand to me And it prepares me for the reasons of success

When calamities and misfortunes befall me , I will raise my spirits and strengthen my resolve to overcome them I will adopt sincerity and honesty in my dealings and interactions with everyone , and I will unleash thoughts of love and good wishes

Then God will support me with His power and wisdom

Lord , I will use my willpower and intellect to accomplish small things first , and then move on to bigger achievements

Even if all material ambitions are fulfilled , they still only bring incomplete happiness , and finding God is the only true happiness I will discover inexhaustible reservoirs of joy And it never ceases to flow and run , in the gardens of the soul and its evergreen meadows

Golden sayings

Happiness is my right, my inheritance, and my hidden divine treasure Guide me, O Lord, so that I may find within myself the treasures that surpass the dreams of kings

* * *

The divine inhabitant of hearts illuminates in his disciples - out of his mercy and compassion - the shining lamps of wisdom that dispel the darkness of ignorance

* * *

Life is an intelligent movement with a regular rhythm It shapes itself in inanimate objects, or takes on a living and moving form Life is all-encompassing and permeates everything

* * *

O Greatest Lover, You are life itself You are my goal and my aspiration Make me a blooming rose in Your heavenly garden, or a sparkling bead in the necklace of Your radiant love, or grant me the greatest honor: the smallest place in Your heart

* * *

Wherever others appreciate my efforts in doing good, that is where I can provide the greatest service

* * *

Let us weave a golden carpet of dreams with silken threads of sweet memories and refined thoughts

* * *

An empty mind [devoid of positive, constructive thoughts] is a factory for trouble, anxiety, despair, and hopelessness

***

If universal love settles in your heart, it will bring you lasting and renewed happiness that nothing else can give you

***

The flowers of life blooming in the garden of earthly existence are exquisitely beautiful and pleasing to behold But even more magnificent and splendid is the wellspring of beauty and wisdom that exists somewhere, from which we came and to which we shall return and mingle once more

***

When the disciple wakes up in the morning, he affirms to himself: “I am not the body, I am an invisible spirit… I am joy… I am light… I am wisdom… I am love And although I dwell in this body, my spirit is immortal and untouched by decay”

***

Just as dewdrops help flowers bloom and grow, so kindness nourishes friendship and promotes its growth

* * *

There are waves that appear on the surface of the ocean and waves that disappear into its depths; in both cases, they are within the ocean and one with it Similarly, humans who float during "life" on the surface of the cosmic ocean or who disappear within it at "death" are equally within the ocean of eternity

* * *

The moon's reflection is not clearly visible in turbulent water, but once the surface of the water calms, the moon's reflection becomes perfectly clear The same is true of the mind: when it is calm, you can see the face of your soul with complete clarity and precision

***

Send, O Lord, the rays of the sun of Your wisdom to guide me in my happy days of achievement, and the light of the full moon of Your mercy when I walk through the dark nights of sorrow

***

Meditation is the means by which you connect with the universal mind, and when you harmonize with that infinite awareness you will be able to know all the secrets of creation

***

The desire to get closer to God and to know Him does not come on its own, but must be cultivated, and life has no value without that desire

***

Earthly life is a temporary stop, and humanity's primary duty is to understand the purpose and goal of this journey That purpose is to know God, and it cannot be anything else

***

Your peace is your precious treasure, so do not allow anyone to take that treasure from you

* * *

Learn to stand alone, safe and secure in the fortress of your virtues and self-worth

* * *

Everything exists because God exists And because He exists, you also exist Thanks to His existence, you enjoy the comforts and joys of life Therefore, your gratitude to God should be profound

***

Good books can be silent, polite, and respectful friends Don't abandon these books in your difficult moments, for they will never leave you, unlike physical friends who may desert you

***

Anyone who possesses good health, a comfortable life, and great mental capacity, yet lacks happiness, has not yet succeeded in life When you can truly say, "I am happy, and no one can take my happiness away," you have found the image of God within yourself

***

Emphasize calm and peace, and send only loving thoughts and good intentions if you wish to live in peace and harmony Live a life founded on righteousness and piety, and all those whose lives are connected to yours will benefit simply from being with you

***

If you have no friends, or if your friends are wasting your time, or if you don't get along with them, then let books [and materials] that hold wisdom be your friends, as you can pass through the doors of their pages into a world of amazing and exciting ideas

***

Finding God means getting everything the heart desires, and being spiritual means opening the doors to health, happiness, and success

***

Within us lies a spark of divine power that creates and sustains all of life and it awaits to be ignited

***

Reading is a very beneficial mental activity; it exercises the mind and keeps it flexible An hour or two of reading daily will give anyone a diverse knowledge base within a few years, provided they choose worthwhile books Don't waste time or harm your mental abilities by reading cheap novels or trivial books that have no purpose or meaning

***

Those with social inclinations will find in valuable books a new energy to help humanity through the lessons contained in books written by noble, talented men and women

* * *

Reading is a very beneficial mental activity; it exercises the mind and keeps it flexible An hour or two of reading daily will give anyone a diverse knowledge base within a few years, provided they choose worthwhile books Don't waste time or harm your mental abilities by reading cheap novels or trivial books that have no purpose or meaning

* * *

Selfishness and pride must be eliminated because they are the biggest obstacles to spiritual knowledge

* * *

Without a sense of God, this world seems filled with conflict, violence, and bitter disappointments Happiness lies in feeling close to God

* * *

Those who know God possess constant joy and happiness in their hearts Because they feel blessed security and tranquility, storms of anger cannot shake them, nor can fear enter their hearts

* * *

Good books are your best friends; through them, you can hear the great minds speaking softly to you, comforting you and offering the best advice Failing to cultivate a genuine desire to read good books means losing the legacy of generations

* * *

Without divine assistance, people are bound to fail, for the strength and wisdom needed to succeed in the battle of life come from an infinite source When a person ignores God, they sever the lifeline that provides them with the help and support necessary for success

Seekers who knock on the door of spiritual opportunities will find that the door is opened for them because God helps those who help themselves

When you are in harmony with God, all of nature is in harmony with you

* * *

Love is like sandpaper that polishes the mind and removes roughness from character

* * *

When you suddenly find God everywhere, and when He comes to you, inspires you, and guides you, the story of divine love has begun

* * *

May love radiate in hearts and send healing rays to others

* * *

Seek to know God while you are young and strong, for in old age and illness you may no longer be able to search for Him At the age when people begin to understand the true meaning of life, the body becomes weak, and they spend the rest of their lives tending to their fragile physical faculties instead of seeking the truth

* * *

I will take the best from every people, and I will appreciate the good qualities of all nationalities without focusing on their flaws

* * *

Just as we care about the nutritional value of our daily food, we should also pay attention to the psychological nutrients we provide to our minds every day

* * *

Kind words are a wondrous remedy for many ailments, possessing a powerful, almost magical, magnetic force that brings abundant blessings and prosperity to their speaker Those who use soothing, gentle words feel a subtle current flowing through them without interruption, their being filled with a profound sense of tranquility This is because this current is connected to its higher source, a constant flow that reaches souls in harmony with that source, enabling them to transmit happiness to those yearning for peace

* * *

How many kind words from the heart have dispelled many sorrows and how many wise voices have illuminated dark paths with lamps of joy and tranquility!

* * *

We grow through every experience we go through, as long as we realize we can learn valuable lessons from them Every pain and suffering we experience has meaning and purpose Despite the harshness of these experiences, they

are like fire that melts iron ore, transforming it into beautiful, strong, and versatile steel

* * *

All the remarkable achievements in my life have been accomplished through the power of a mind in harmony with God When the divine generator is running, everything I desire comes to fruition without exception, first taking shape as an invisible, ethereal design and then manifesting with irresistible force in reality

* * *

When the mind whispers to God a heartfelt, fervent whisper from the depths of a yearning soul, the spirit's call will touch the universal heart, and the answer will come, bringing with it immense joy This intellectual whisper cultivates the will until it possesses the strength necessary to achieve the desired goal

* * *

When a person’s mind and will are in harmony with God, they are charged with limitless power, so that merely thinking about something is enough to achieve it, because divine law works in favor of those who are in harmony with the supreme will

* * *

Whatever our concerns may be, God should occupy first place in our lives One of the most important elements of spiritual growth is the continuous heartfelt whispering to God, where you will personally experience a wonderful positive change that will impress you greatly

* * *

Man should not devote all the mental abilities that God has given him to searching for fleeting things, otherwise he will lose himself in the labyrinths of materialism and create for himself restrictions and limitations that he does not need Instead, he should use his mental powers to obtain the necessities of life and strive to develop his spiritual faculties to distinguish between right and wrong, and between harmful and beneficial

* * *

The truth lies beyond opinions and theories, and many who adopt this approach become bound by their own subjective conclusions

* * *

Open, O Lord, the gates of tranquility and guard the sanctuary of my spiritual thoughts from the attacks of evil whispers And let the roses of my longings bloom in the garden of my heart as I await the dawn of Your coming

* * *

* Theoretical knowledge is incapable of acquiring divine knowledge, and it is advisable not to waste one's precious time on theories that cannot be applied in reality, otherwise one will find oneself in the midst of dense intellectual jungles and unable to transcend the realm of theories

* * *

Happiness is the fruit of psychological victory over the volatile circumstances of life

* * *

He whom God recognizes may be unknown to the world

* * *

If a person programs himself with theoretical knowledge [without actual testing], he will become like a portable recording device that repeats proverbs and echoes lofty phrases, and others will consider him a learned scholar, but such knowledge is not reinforced by a direct perception of the truth, nor is it matched by spiritual attainment

* * *

Problems will persist in the world, so where can one turn for guidance and direction? One's thoughts, influenced by habits, prejudices, biases, and fanaticism, are of no use, and the influences of one's environment, family, country, or world are incapable of providing true guidance Therefore, one must turn to God and listen to the calm, serene voice emanating from the depths of the soul, a voice in harmony with truth

* * *

Open your hearts to the divine outpouring so that it may flow through you and fill your lives with spiritual blessings and goodness

* * *

Whatever work you do and whatever achievements you can accomplish, always remember that God is the source that provides you with all the strength you need to work and achieve

* * *

* Let me remember you, Lord, in poverty and in prosperity, in sickness and in health, in ignorance and in wisdom, and let me see your

blessed light that grants wellness and healing in the moment

* * *

In the solitude of my thoughts, I long to hear your blessed voice Banish from me the harsh, earthly voices hidden in the folds of my memory I want to listen to your calm, melodious voice forever in the tranquility of my soul

* * *

Life is shrouded in darkness, and we must let God's light be our guiding lamp as we walk through its dark paths He is the full moon in the nights of ignorance and darkness, the sun of enlightenment in the hours of awakening, the beacon of guidance, and the North Star for those traversing the seas of earthly, fleeting existence

* * *

It is time for humanity to awaken from its slumber of forgetfulness to a spiritual awakening We ask You, O Lord, to raise our consciousness from the depths of heedlessness and narrow, limited thinking to the horizons of peace, light, love, and universal human compassion

* * *

Things will eventually get better because God’s powers and wonders are hidden behind the contradictions of human life, and whoever is not convinced of the inevitability of the situation and tries to penetrate with his mind and faith to what is beyond the veil will have the door opened for him

* * *

Faith never means being reckless or not dealing wisely with circumstances Rather, regardless of what happens, a person must assure himself that God alone is able to support him in difficult and trying circumstances if he turns to Him with all his heart, soul, and feelings

* * *

If our senses could convey the whole truth to us, we would see the earth as rivers of electrons, and every speck of dust as a rolling mass of light Those who penetrate the realm of the material to the spiritual understand the nature of illusion and know the essence of truth

* * *

Whether in the African jungle, on a battlefield, suffering from illness or poverty, one must convince oneself that God's hand is stronger than any danger and capable of protecting those who seek refuge in Him There is no more effective means of protection Of course, one must use reason in dealing with events while simultaneously placing complete trust in divine assistance

* * *

The love that dwells in the hearts of all creatures—the love of all mothers, fathers, friends, and loved ones—is derived from divine love

* * *

A distinction must be made between major and minor duties, prioritizing the most important over the merely important Furthermore, no duty should contradict another The scriptures tell us

that when one duty conflicts with another, it is evidence that it is not a true duty

* * *

As the sun's vital rays spread, I will spread rays of hope into the hearts of the poor and the abandoned [those whom society has forsaken], and I will instill new determination in the hearts of those who think they are failures

* * *

The teacher Paramahansa said to one of his disciples:

"Don't exclude anyone from your circle of love Keep everyone in your heart and they will keep you in theirs"

* * *

Lord, help me to always use my will to accomplish beneficial and good deeds

Help me to conform to Your will so that all my thoughts respond to Your purposes and are in harmony with Your will

He helped me awaken the hidden, blessed power within me so that I could overcome all difficulties and trials

* * *

Wake up to that bold and humble spiritual personality – one that combines the strength of lions with the gentleness of doves

* * *

I will not care about bitter, false criticism, nor about lavish praise and flattery My only wish is to do Your will, O Lord, and gain Your favor

* * *

You cannot imagine the overwhelming joy that will fill you when you feel the divine presence Your soul will then be intoxicated by God's boundless love It is a love millions of times greater than any human love—a love that fulfills all your desires and fills your heart with joy and contentment

* * *

Through inner focus, you can directly experience spiritual bliss within yourself and around you If you cultivate this awareness, your personality will grow harmoniously, and you will acquire an attractive magnetism for people and other beings

* * *

O Great Protector, I do not care if I lose everything because of my destiny, which is of my own making, but I ask you, my only refuge, to protect the candle of my love for you from the winds of heedlessness and forgetfulness

* * *

Let us drink to our fill of the pure, refreshing waters of peace flowing from the springs of favorable circumstances, enhanced by our firm resolve to think positively and have an optimistic outlook

* * *

Conscience is an intuitive sense that reveals a person's true nature and motives When your conscience is clear, and you know you are doing what is right, you have nothing to fear A clear conscience is a testament to good conduct from God Being acquitted in the court of conscience

means possessing happiness and receiving God's blessings

* * *

Try doing bold and pleasing things that most people don't do, and give love and peace to those whom others overlook

* * *

The teacher Paramahansa said to one of his disciples:

"If you do not spend time cultivating the mind, no amount of material prosperity will satisfy you This cultivation is not torture but rather training of consciousness to nourish the thoughts and actions that lead to happiness"

***

Your happiness is your success, so don't let anyone steal it from you Protect yourself from those who try to bother you When I was a boy, I used to lose my patience whenever some people spread false rumors about me Later, I realized that my peace of mind is more important than people's approval or admiration

* * *

If only you knew the story of divine love that some devotees experience with God! No other experience in life can compare to that joy I knew a saint who was constantly absorbed in the love of God, and his face radiated holy love God's eye is always upon those who love Him, and He never abandons them for a single moment

* * *

Few are those who are interested in developing their mental and spiritual powers

* * *

Do not allow yourself to sink to the bottom of procrastination Rise from the slumber of boring ordinary reality and set off towards the horizons of a refined life where there is achievement, joy, and peace

* * *

Within you lie tremendous potential waiting to be invested, and you are the only one capable of activating and benefiting from it

* * *

Liberation from the dictates of bad habits and unhealthy desires brings far greater happiness than material success In intellectual success lies a psychological well-being that external circumstances cannot take away You can spend all your time accumulating wealth, but that wealth will not give you the lasting peace and security you seek On the contrary, it will bring you more unhappiness because true happiness and peace reside in the mind, not in material possessions

When you are firmly established in your true self, you accomplish every task and enjoy all good things with divine joy

* * *

Do not allow weakness to seep into your mind, and be cautious when associating with people who have negative thoughts and a pessimistic outlook, lest their weak thoughts seep into your mind, unless your mind has reached a degree of strength

such that the thoughts of others cannot weaken it, but rather, on the contrary, it is able to strengthen the thoughts of others and enhance their self-confidence

* * *

God comes first, and we should not begin or end our day without thinking of Him We must remember that without the strength and energy we receive from God, we would not be able to accomplish anything Therefore, our greatest duty is towards Him

* * *

There is a way to evaluate and judge customs and traditions Initially, every tradition had a justification If we find that justification still exists, then the tradition has meaning and benefit However, it is unwise to follow traditions blindly We must know the truth and follow it, discerning what can bring us happiness and then applying it

* * *

When you see so many people lacking happiness or success, don't assume that's their destiny You can make yourself whatever you want to be Your inner success is what truly makes you successful

* * *

If you have nothing within yourself, you will not be happy But if you have nothing around you and are happy within yourself, you are undoubtedly successful Thus, it is impossible to judge people based on their external circumstances

* * *

Among the vast crowds, there may be a person who has reached a state of spiritual elevation and enjoys inner peace and supreme spiritual happiness

* * *

I know for certain that everything I need will come to me, and therefore I do not worry about what the future holds This is not boasting or pretense, for I have experienced the work and effectiveness of that blessed power in my life many times

* * *

Whether I'm floating on the surface of life or drowning in the depths of the sea, I know that I am with God and He is with me, and that nothing can harm me That knowledge has given me an indescribable and profound happiness

* * *

There's no doubt that buying something new is a pleasurable experience But after a while, that joyful feeling gradually fades, and you might even lose interest in it altogether, forgetting about it and desiring something else However, the bill for that item won't be forgotten, especially if you bought it on installment!

* * *

A person should take control of their life and simplify it as much as possible They should save some money for necessities and emergencies, prioritize saving over spending on luxuries, and help others to the best of their ability When you

help others, help will come to you in one way or another, and you will lack nothing and be deprived of nothing

* * *

In the joy of all hearts, I hear the echo of Your bliss, O Lord, and in the friendship of all the faithful, I feel Your love I rejoice and my heart is gladdened by the success and prosperity of my friends, just as I rejoice in my own well-being and ease As I inspire wisdom in others, I multiply the treasures of my own wisdom, and in the happiness of all, I find my own

* * *

The greatest enemy of happiness is borrowing money to buy luxuries People mistakenly believe they cannot be happy unless they acquire something specific But even after acquiring that thing, they will not experience true happiness, despite the temporary joy it brings What is the point of chasing after the mirage of earthly happiness that promises only to break? People should live simply, without needing numerous possessions that require constant attention

* * *

My paradise is within me As I enjoy God's blessings, I thank Him, and my inner joy grows Without that inner contentment, even earthly pleasures and delights become hell I have come to realize that without that inner joy, the burden of responsibilities placed upon me would have robbed me of my peace and deprived me of my happiness

* * *

If wealth is coupled with illness and problems, the consequences will be numerous Hygiene and healthcare are among the West's strengths Harmful insects and deadly germs are effectively controlled in developed countries, while they are abundant in others But eliminating these pests is not the pinnacle of achievement, because other kinds of afflictions exist in developed countries, such as difficult-to-pay bills and suffocating financial crises due to installment buying systems —afflictions that disturb sleep and undermine peace of mind

* * *

We are an integral part of the same consciousness from which this great universe emerged

* * *

Have you ever seen a flock of sheep? If one of them jumps, the rest of the flock imitates it without hesitation Most people are like that Someone might come up with an idea or introduce a new trend, and others will immediately jump on the bandwagon and copy it This pattern has persisted for generations Every nation has its customs and traditions, and we can't claim that all of them are correct or sound But who knows? Perhaps some of those customs and traditions are meaningless and pointless

* * *

When the turbulent storm of thoughts subsides, we enter the kingdom of peace and touch the divine presence

* * *

Think of God, or a beautiful landscape that inspires peace, or a joyful and delightful experience Positive, calm mental activity is invigorating and refreshing

* * *

We live in a chaotic and turbulent world You might think money means happiness, but when you acquire it, you find you're still unhappy You might acquire wealth and lose your health (God forbid) Or you might have good health and lose your money Or you might have both wealth and health but suffer numerous problems with others, offering kindness only to be met with hatred and resentment in return Without God, nothing in this life can truly satisfy you

* * *

The earth becomes a torture chamber for those who live in ignorance of the divine plan But when you view life's experiences as your teachers and learn from them the true nature of this world and your assigned role in the cosmic drama, those experiences become valuable illuminations on the path to lasting contentment and happiness

* * *

There, beyond the undarkened gloom, the soundless stillness, and the uncreated nothingness, lies the eternal essence, which is the origin of existence and the source of all powers and beings, visible and invisible

* * *

God did not create this earth for us merely to eat, sleep, and die, but so that we might know His will and understand the purpose of our existence A handful of wise people have grasped the meaning of the cosmic plan, but most people are blind and unaware of that purpose

* * *

Money was never my goal in life; my goal was to serve my brothers and sisters in humanity Therefore, God opened many doors of opportunity for me to support myself and fulfill my mission

* * *

God created this universe to operate according to a fixed and unchanging law If we violate any of these universal laws, we punish ourselves Someone who jumps from the roof of a tall building will break their bones Therefore, we cannot ignore the law of gravity without suffering the consequences

* * *

When we take a deep look at the world’s civilizations and explore the hidden secrets of ancient civilizations, a large picture emerges, with intertwined lines, diverse chapters, and precise details, and we find that man is both individual and social in nature at the same time

* * *

If God wanted us to live only in material consciousness, we would be completely satisfied with material things and content with worldly ways

* * *

Rays of purity, peace, and happiness beyond dreams flicker and dance in our essential depths

* * *

With each experience that appears in the sky of our lives during this earthly journey of ours, we must learn how to broaden our awareness and how to be more understanding of the circumstances that surround us or that we go through, and then we will be able to live in better harmony and deal more smoothly with people and life

* * *

Most people imitate others A person should be original and creative, and master everything they do

In the East, the primary focus has been on cultivating spiritual happiness, while the material aspects of life have often been neglected In the West, there are some material comforts but very little psychological happiness What is needed is a balance between the two, because focusing on only one aspect of life leads to imbalance and an inability to deal rationally with life's demands

* * *

The greatest happiness - after divine happiness - is for a person to be at peace with his immediate relatives with whom he has to live every day of the year

People waste a lot of time rushing and acting impulsively without accomplishing much Few pause to reflect and try to understand what life has to offer

* * *

We must work to construct inner edifices of wisdom in gardens of peace that flourish and shine with countless flowers of wonderful spiritual virtues

* * *

Inner harmony is a rich source of strength and generates renewable energy

* * *

Looking at life, one finds that success is not easy Life is often harsh and unforgiving, and we must struggle to earn a living Think of the effort required to sustain your body and keep it healthy and free from illness! Even if you succeed in this, that success is temporary The body—may you live long—will eventually be laid to rest Necessity dictates battling numerous forces, both internal and external, to achieve the desired success These forces work tirelessly to rob you of any truly significant accomplishments

* * *

Try to remain calm under all circumstances, and let the seed of your peace bloom with cheerfulness and smiles of contentment

* * *

Even the greatest saints do not attain complete salvation unless they share their success —their spiritual experiences and higher knowledge —with others by helping them reach spiritual understanding This is why those who have reached such stages and attained such states are eager to impart understanding to those who need it If you desire true success, you will not only secure your own happiness but also the happiness of others

* * *

Anyone with intelligence can make money But if they have love in their heart, they will never use that money for selfish purposes; rather, they will share it with others Money is a curse and a misfortune in the hands of the selfish and the miserly, and a blessing and a gift in the hands of those with kind hearts and generous souls

* * *

Someone might choose to remain silent for an extended period, refusing to speak to their family While this person might achieve a degree of inner peace, their behavior is selfish and detrimental to their family's happiness They cannot be considered truly successful unless their loved ones also benefit from their accomplishments Similarly, achieving material success is not merely about our right to enjoy prosperity alone; it also entails our moral responsibility to others to help them improve their financial and living conditions

* * *

I am protected behind the walls of my clear conscience I have burned away the dark past and I am only concerned with today

* * *

Today I realize that I am one with the light of the greatest good and that I am a beacon for those who struggle against the waves of the sea of sorrows

* * *

People have different views and theories about success, depending on their ambitions in life It's

not uncommon to hear some people equate success with theft, saying things like, "He was a successful thief!" This underscores that success in all its forms and varieties is desirable and sought after However, our success should not harm others

There is also another criterion for success: when we are able to bring about harmonious and beneficial results for ourselves, we should also include others in our success and share its fruits with them

Success means a person's contentment and satisfaction within their environment True success is the result of actions founded on principles of righteousness, and it encompasses the happiness and well-being of others as an integral part of one's own happiness If we apply this principle to our material, intellectual, moral, and spiritual lives, we will have a complete and comprehensive definition of success

* * *

Here in this limited world, we perceive length, width, and density, but there is another level where dimensions do not exist; everything is clear and transparent—everything is consciousness and perception The sense of taste is perception, as is the sense of smell Our feelings, thoughts, and bodies are states of consciousness Just as we can see, hear, smell, taste, and touch in dreams, so too, on that higher level, do we experience all these sensations through pure consciousness

* * *

O Lord, make us happy by feeling Your nearness, free us from the shackles of desires, and grant us an inner joy that is not affected by life’s experiences and its changing events

* * *

When our minds are in tune with higher perceptions, spiritual consciousness awakens within us and we experience amazing wonders of divine wisdom and love

* * *

If we love God completely and turn to Him with all our thoughts and hearts, we will feel close to Him and we will find that He is the greatest haven of security in life

* * *

In the seemingly empty, vast expanse of space, there is a cosmic connection and an eternal life that unites us with all living and inanimate things in the universe—a wave of supreme life flowing through all existence Eternity is our true home and permanent abode, and our existence in these bodies is temporary, like a brief respite for a caravan traveling across the desert

* * *

When we align ourselves with the creative forces of the spirit, we will connect with the universal and infinite mind capable of guiding us and solving our problems Creative power will flow to us uninterrupted from the greatest source of our being, enabling us to achieve creative success in any area of our activity

* * *

Love grows and flourishes in an environment of trust, tolerance, and mutual respect

* * *

Bless us, O Lord, with the light of pure thoughts and good habits, so that if the darkness of bad habits and deviant thoughts approaches us, it will be immediately dispelled And help us to love You with a love so profound that neither material illusions nor worldly temptations can ensnare us or seize our minds and hearts

* * *

Things that are easily obtained are rarely valuable We know this from studying the lives of great men and women and how they became great by developing their talents, fulfilling their duties, building their moral values, their in-depth studies, and their avoidance of selfishness The results they obtained and the achievements they attained were immeasurably greater than the efforts they made

* * *

True freedom lies in the freedom of choice guided by wisdom and supported by understanding, correctness, and a firm will

* * *

When you awaken your will, determination, and conscious discernment, unseen forces are unleashed from higher consciousness—through the insight of the soul—to assist you and to illuminate the paths leading to psychological comfort and happiness, with God’s help

* * *

A person must open the channels of the soul through their own effort No one willingly chooses suffering and misery over peace and happiness Ignorance is the root of suffering and the obstacle that must be removed and eliminated Ignorance is a harmful weed, deeply rooted, that grows in the garden of humanity, crowding out the good and beneficial plants Ignorance must be overcome with unwavering will and resolute determination The soil of the mind must be tilled with precise mental focus [on the positive] and the good seeds watered with the water of faith When the vital and warm rays of love shine, the seed of goodness will grow and overcome the parasitic weeds and grasses, for darkness cannot exist in the presence of light

* * *

The pleasures of material things fade and disappear, but divine joy never dims It is a divine happiness that is endless and beyond description

* * *

We must never use misguided methods to achieve happiness, nor should we abandon the peace and spiritual wealth we possess within ourselves in pursuit of illusory comfort and a glittering life that may be dangled before us by hellish actions and behaviors with destructive effects

* * *

Serenity is the best camera for capturing the divine presence Through the lens of pure and precisely focused tranquility, the blessed image will appear with perfect clarity

* * *

In fact, all wisdom is within yourself and all you need is to become consciously aware of it

* * *

Contentment lies in self-improvement, so that others seek you out rather than you seeking them out Love and friendship should be given without expectation or demand in return, for expectation breeds resentment and bitterness Even when striving for self-improvement, one should stand alone, secure and at peace within the fortress of one's virtues and self-worth

* * *

May waterfalls of joy and optimism always flow from my heart, and may their refreshing spray touch all those I meet

* * *

Spiritual joy generates in the soul the desire to help others in every way, and develops the ability to appreciate the refined moral pleasures that lead to happiness, thus reducing the inclination towards crude pleasures

* * *

No matter how small your role may be, it remains as important as the greatest roles in terms of contributing to the success of the cosmic play that souls perform on the stage of life

* * *

Universal consciousness is an absolute, infinite consciousness, constantly renewing itself and inexhaustible in its creativity, and through you it tries to express a unique aspect of itself

* * *

If you taste divine love even once, you will never give it up because there is nothing else like it in the entire universe

* * *

Those who know God have reached very advanced spiritual stages, such that they are not content with merely offering spiritual advice to sinners, but they can – by the grace and help of God – charge them with the spiritual power that liberates them from the consequences of their sinful deeds

* * *

All good and evil actions reside within brain cells and manifest as virtuous or wicked habits or tendencies in thought A person suffering from unhealthy habits due to their brain cells being charged with the power of those habits can liberate themselves through willpower, meditation, sincere prayer, and continuous positive affirmation until all their undesirable habits are transformed into virtuous habits of peace and tranquility This occurs when the rightly directed life force works to change the abnormal nature of brain cells, so that those cells become filled with all that is good, virtuous, and beautiful

* * *

Understanding is the inner eye, the vision of the soul, and the telescope of the heart It is the balance between the composure of the mind and the purity of the conscience

* * *

Every day we see different scenes, and every day brings a new lesson to be learned It is expected that a person will learn the lesson by focusing on the ultimate purpose of his existence: to recognize the source of his being and the foundation of his life

Let us work to forget the sorrows of the past and resolve not to dwell on them With unwavering determination and active will, let us renew our lives, enhance our successes, and nurture within ourselves good habits and noble qualities

God is my strength and I do not believe in any other strength

Fight life's battles and persevere until the end, never giving up Never say, "I can't find the path, so I'll stop trying" Ask for guidance if you've made mistakes, but never stop trying Many accept defeat when faced with obstacles Those who fail should associate with successful people, not failures Be determined to succeed; let that be your philosophy in life

Every day we must strengthen our physical strength, increase our mental strength, and get to know our true selves through meditation, sound thinking, and positive, productive work that benefits the body, mind, and spirit together

When you want to establish a good habit or break a bad one, focus on the brain cells where the mechanisms of different habits reside To establish a good habit, first sit quietly and meditate, seeking divine guidance

Focus your mind on the willpower center in your forehead, between your eyebrows, and firmly affirm the habit you want to instill in your brain When you want to eliminate bad habits, also focus your attention on the willpower center and firmly affirm that all the grooves where those habits are entrenched are being erased

With focus and willpower, you can erase even the deep furrows of entrenched old habits

Reaffirm to yourself repeatedly that you possess the willpower to uproot unhealthy habits from your brain The best time for this affirmation is early morning when your willpower and focus are at their peak Continue to affirm to yourself that you are free from all dictates, and one day you will find—with God's help—that you have indeed freed yourself from the habit you wish to break

Whatever you fear, banish it from your thoughts and leave it to God Strengthen your faith in God and trust that He is able to help you, and know that much suffering stems from worry and anxiety

Why should you suffer now when the thing you fear has not yet happened? Since most of our disturbances come from fear, if we remove fear from our lives we will feel free and healing will be immediate

Every night, right before you go to sleep, affirm to yourself that God is with you, protecting

and watching over you Visualize His protective light surrounding you from all sides, and you will feel His wondrous protection

In this cosmic play, humans of all races enact the drama of life on the stage of time

We must understand the meaning of life without becoming overly preoccupied with or excessively focused on our temporary roles Our understanding of life is often distorted and misguided because we view it through the eyes of selfishness and limited perspective; if we looked with the eyes of the spirit, we would see things from a completely different point of view

When we open the eye of wisdom, we see the all-encompassing light of God, and in that light we perceive our spiritual nature, which is a reflection of the nature of the universal consciousness that permeates all the particles and parts of the universe

Spiritual truths surround us, knocking on the doors of our closed eyes, urging us to see the light instead of darkness, to act with wisdom rather than ignorance, to fill our hearts with love rather than hatred, and to cooperate in establishing peace and bringing abundance and security to our world When we do this, ignorance will vanish, worldly differences will disappear, we will see unity in diversity, and we will become more in harmony with the divine will

Our relationship with God is not a cold or loveless one, like that between an employer and an employee We are His children, and His care for

us is constant; He listens to us always We are an integral part of His being, and our relationship with Him is alive and vibrant He has bestowed upon us an inexhaustible wealth of love, understanding, insight, good will, and spiritual strength, but most of us have squandered this wealth on nothing

God wants us to live in security, peace, and friendly cooperation, as befits members of a noble and loving family, but greed and selfish calculations have sprouted and taken root in people's souls and have caused division among the family

God wants us to be masters, but we have chosen to be slaves Humanity has strayed far from its heavenly home and lost the inner paradise of feeling close to God and God close to us, and it will not be able to regain that paradise without personal effort God created us in His image, but this truth has escaped our minds

We have surrendered to the illusion that our destiny is hardship and our fate is annihilation, and we must tear the veil of illusion with the dagger of wisdom to see the bright truth behind the veil

God has blessed me with happiness throughout these long years of my life Whether people see the smile of contentment on my face or not, divine joy is always with me and never leaves me The great river of bliss flows continually beneath the sands of my consciousness and bursts forth as blessed springs that water the gardens of my life

Neither the sudden upheavals of life can disturb my peace, nor can the specter of death take away the spiritual happiness I feel

It was difficult to make that state permanent and unchangeable, but the fruits of the spirit that I now enjoy and share with others were worth all the effort I put into it

I think and act guided by the divine spirit Money has never been my goal in life, but rather serving my brothers and sisters in humanity Therefore, God has opened many doors of goodness for me to sustain myself and fulfill my mission And whenever I need help, God provides it immediately

My only wish is to serve you, and that is why I am here

God's power is at work in your lives as well You will experience this truth for yourselves when your faith is strengthened and you realize that true wealth comes not from material success but from the Almighty

Every moment you spend with God will be for your ultimate benefit, and everything you accomplish out of love and to please God will be written for you in the record of eternity

Retreat into the solitude of your deep thoughts and enjoy the peace flowing from the fountain of silence

If we sow good deeds, we reap joy and blessings, and if we sow bad deeds, we reap various types and degrees of crises and problems

Every good deed is like a pickaxe with which we dig into the soil of consciousness to uncover the fountain of divine joy

Learn to dive into the sea of introspection and exploration, whether in relation to good books, belief, problems, philosophy, or inner joy, recognizing that ordinary [contemplative] solitude is the price of true happiness

Although life seems unpredictable, capricious, and mysterious, fraught with doubts and all sorts of problems and upheavals, we remain under God's constant protection We must not exaggerate matters or lose our composure in the face of events, because if we allow panic to overwhelm us, we give power to evil and deepen its roots, which grow and thrive in the soil of fear and anxiety

Ask yourself every night: How much time have you spent with God, how much have you pondered, how much have you accomplished, how much have you done for others, and how much have you controlled your desires?

We shouldn't expect to find lasting happiness and peace in life's trials; rather, we must seek and discover them within ourselves Then, whatever experiences we go through, we will deal with them in the same way we watch someone else's experiences in a movie, whether pleasant or painful

A person can turn all their experiences into painful, miserable ordeals if they allow their mind to do so They may enjoy good health and yet fail to appreciate its value But if they fall ill, they will then

humble themselves and appreciate the blessing of well-being We should acknowledge God's favor and thank Him for the blessings He bestows upon us without waiting for adverse circumstances to make us grateful and acknowledge His grace

Life should be a blend of reflection and action When a person loses their psychological balance, they become vulnerable to the onslaught of worries, the clouds of sorrow, and the pangs of pain And if they attempt to violate the laws of health, prosperity, and wisdom, they will inevitably suffer from illness, poverty, and ignorance

We must keep our intentions pure, our motives clean, and act in a way that brings us peace of mind, and not allow life's circumstances to disturb our peace and destroy our happiness

Sad hearts and broken thoughts attract me, no matter how far away they are

Expand the boundaries of your glowing kingdom of love to gradually include your family, your neighbors, your community, your country, and all conscious countries and creatures

We must also strengthen our intellect and reject the burden of intellectual and moral weakness inherited from years and generations These impurities must be burned away in the fires of renewed resolve and productive action With this constructive approach, the truly committed individual can reach the horizons of liberation and freedom

Activate the infinite power within you so that you can play your prestigious role on the stage of life

As soon as a person begins to worship possessions, money, fame, or anything else besides God, unhappiness becomes their lot Those who focus all their attention on these things are in reality worshipping them, and therefore they do not draw closer to God but rather drift away from Him But those who contemplate God, meditate on Him, and commune with Him in their hearts draw near to Him and experience inner joy in their silent communion with Him

God alone is capable of fulfilling human dreams and hopes for lasting happiness Therefore, nothing should be allowed to take God's place in the heart

There are sacred symbols that may help the seeker remember God and draw closer to Him However, if a person begins to worship these symbols, their harm will outweigh their benefit Worship should be directed only to God, for nothing else is worthy of worship

Whatever the nature of ritualistic worship, it is acceptable to God as long as the worshipper performs it with spiritual awareness and longing for Him However, many people do not grasp the essence of worship, and their thoughts and hearts are diverted from God to the rituals, thus not benefiting much from their worship

True worshippers do not allow their consciousness to be confined to any image or form,

but they focus with the deepest love and full attention on the divine spirit behind all images and forms

God is absolute and infinite, and no image or statue can contain Him

It can be said that God manifests himself in everyone who loves Him sincerely and is in harmony with Him, because He is present everywhere and therefore present in everyone However, not everyone has the ability to manifest the divine presence The sun shines equally on both coal and diamond, but the diamond receives and reflects the sunlight, while the coal cannot

Similarly, all people are immersed in God's light, but only a few are able to receive that light and reflect it in their thoughts and actions To do so, they must purify themselves through meditation and by following divine teachings and commandments

When we pronounce the name of God, we must be deeply and sincerely aware of what we are saying If you could see into people's thoughts during prayer, you would find that most are thinking about everything but God, even though they are uttering His name! Such a prayer is fruitless and worthless

When we pray, we should strive to focus our entire minds on God, rather than merely repeating His blessed name while allowing our thoughts to wander One of my aunts used to recite her prayers on prayer beads, which were rarely out of her hand But she confessed to me one day that despite

practicing this prayer habit for forty years, God had not answered her prayers No wonder! Her "prayers" were nothing more than a nervous habit

When we pray, we should think of nothing but God We should strive to be sincere in our worship and devoted in our supplications Using prayer beads and constantly invoking God's name is perfectly acceptable when the practice stems from the heart and is supported by sincerity and focused mind However, this practice can become automatic over time

We must whisper God's name in our hearts, with longing and divine love; this is true worship that touches God's heart To utter God's name with coldness and a wandering mind is blasphemy and disrespect When one prays, one's heart and mind must be filled with the love of God

O Lord, You are the divine North Star by which my wandering thoughts are guided in the turbulent sea of trials and tribulations

Practicing mind concentration through higher yogic exercises helps to draw closer to God, the supreme source of splendor and glory, just as it helps to think about God and communicate with Him

It is essential to dedicate one day a week to spiritual retreat (if possible) for contemplation of God and to experience tranquility, peace, and inner peace Time spent in this way will be a soothing balm for the troubles and anxieties you encounter during the rest of the week

Everyone needs to spend one day each week in seclusion or a "spiritual retreat" to heal their emotional wounds and pains When that day becomes one of peace, joy, and contentment, you will eagerly await it week after week

Solitude is the price of greatness You will be amazed by the wonderful results that will be achieved for your mind, body, and soul through this spiritual retreat and connection with your spirit and with God If you aspire to true happiness, you must immerse yourself in the ocean of divine peace early in the morning upon waking, and also before going to sleep at night

The sages of India advise not just one day of seclusion, but emphasize the need for quiet meditation during four specific times each day At dawn, before rising and seeing anyone, one should enjoy the tranquility and sense of peace At midday, one should calm the mind before lunch, and again enjoy a period of peace before dinner Finally, before going to bed at night, one should enter a state of peace once more

Those who diligently observe silence during solitude and throughout these four daily periods are bound to experience harmony with God Those who cannot observe all of these periods should dedicate at least the morning and evening hours to this By doing so, their lives will be transformed for the better, and they will experience true happiness; experience is the best proof

If you keep writing and signing checks without depositing enough funds to cover your bank

account, your money will run out The same applies to your life Without regular deposits of peace in your life account, your energy will be depleted, your tranquility will vanish, and your happiness will evaporate In short, you will eventually suffer emotional, mental, physical, and spiritual bankruptcy But deep daily meditation on God will replenish your emotional account

The devout seeker meditates daily, communing with God with all the love and longing in his heart, beseeching Him to reveal Himself If you are a lover of God and yearn to experience His presence, you must immerse your mind and body in His peace, and life will smile upon you, and your affairs will improve in many ways

A calm person rarely makes a mistake, and succeeds where thousands of others fail

Those who do not think about God or care about Him become depressed and miserable They become irritable and turn into walking machines

The sun of wisdom and peace will rise in the sky of tranquility and will bathe your being in its healing rays as long as you make a spiritual effort and give first place to God in your heart

A single moon shines brighter than all the stars combined The sun, which appears small, dispels darkness from an area millions of times larger than itself Similarly, a good person, simply by existing in the world, emits vibrations that counteract and neutralize a great many of the vibrations emitted by evil people

A day of reflection should also be a day of mental and physical rest and the cultivation of inner peace Any activity that yields wisdom and peace is a blessed activity on that day

As for honoring parents, the holy books have recommended treating them well: “Honor your father and mother” and “Be kind to parents”

Human parents should be honored as representatives of God, who endowed them with the gift of creating humankind The mother is the embodiment of God's pure love, for a loving mother forgives where no one else will The father is the manifestation of God's wisdom and the protector of His children

One should not love one's father and mother apart from God, but as an expression of His protective and wise love The supreme divine spirit becomes both father and mother to help the child; therefore, it should be honored in the parents

The scriptures also advise us against killing for the sake of killing, for then one becomes a murderer A person should not take another's life in a moment of intense emotion However, if loved ones are threatened, one must fight to protect those God has entrusted to them, for it is a sacred duty to defend one's family and country

Regarding the prohibition against adultery, the ideal purpose of sexual union should be the procreation of children created in God's image and the expression of the pure love felt by spouses who see God in one another Those who live solely on a physical level, without any regard for true love or

the higher purpose for which sexual desire was created, commit adultery according to this commandment In this case, they are no different from animals that satisfy their sexual urges and then go on their way

God created this creative drive in men and women to procreate and express true mutual love in married life, and it should not be misused otherwise, but rather transformed into a sacred activity and knowledge

If you can control and distribute sexual power within your being, you will be able to develop great mental abilities for writing, drawing, or for revealing latent talents in countless other ways

And when you are finally able to control and spiritually transform creative activity, you will experience great peace, great love, and increasing spiritual joy

Saints and spiritual leaders who have spiritually transformed their sexual activity are giants capable of performing amazing and astonishing feats in the world and in the esoteric search for truth

Thus, the highest use of the sexual drive is to elevate its power, that is, to channel its energy toward a higher purpose in order to manifest wisdom, lofty ideals, and spiritual principles One should not derive pleasure from sexual thoughts or desire what is forbidden When this kind of self-control is achieved, one will have a sound perspective on sexual intercourse and its higher purpose

Being enslaved to sexual matters means losing health, self-control, and intellectual peace, and in short, all the elements of happiness that a person needs

The holy books also urge us not to steal If a group of a thousand people were to steal from one another, each would have 999 enemies Therefore, one must not infringe upon the rights of others, nor seize their land, peace, love, dignity, or any of their material or spiritual possessions If you do not feel the desire to take what is not yours, what you need or desire will come to you Theft originates first in the mind when a person begins to envy others The seeds of malicious desires must be uprooted from the mind Spiritual altruism is the way Then, a person will naturally attract abundance, and blessings will flow to them from sources they know and sources they do not know This is an infallible divine law As for thieves and selfish people, they spend their lives chasing after material possessions, their eyes always on what others have, even if their own coffers are overflowing with gold

Unless material selfishness is abandoned, the world cannot know happiness

Happiness comes only through spiritual cooperation It comes when a person feels the needs of others as if they were their own and works for others as they work for themselves

Another important commandment is to avoid bearing false witness Harming someone by distorting the truth is another way to undermine

social harmony If one wishes to be treated well, one should treat others accordingly The truth should always be told, but a distinction must be made between stating the truth and merely stating facts Referring to someone as lame or blind is hurtful and harmful; one should be mindful of others' feelings and avoid embarrassing them Similarly, revealing a truth that would betray someone without a noble purpose is also wrong On the other hand, one should not lie to avoid telling the truth; rather, one can remain silent in certain situations to avoid embarrassing or harming others

One must beware of envy, a destructive disease that gnaws at the peace of the soul The more one covets what belongs to others, the greater one's unhappiness and misery become The envious person lives a troubled life, never knowing the taste of tranquility It is far better for them to respect themselves, rely on themselves, and seek inner spiritual richness

A person's dignity and intrinsic worth are far greater than anything they might desire or long to possess God is manifest in every human being in a way that is not manifest in any other human being Their face is not like anyone else's, and their soul is not like anyone else's, for within them lies the greatest treasure of all creation—and that greatest treasure is God

We want our lives to shine and flourish with good deeds, to be fragrant with joy and happiness, and to live forever in the memory of those who appreciate us

When a person has the right faith and acts accordingly, he is happier than those who lack faith and do not perform their duties in the battle of life

Sound faith and righteous action (supported by noble motives and good intentions) are always present wherever happiness exists, and are lost wherever happiness is absent From this, we can conclude that they are two essential conditions for happiness, which cannot be attained without them Those who desire happiness need only possess these two fundamental elements, which are its cornerstones and pillars

Humans cannot control, alter, or erase the infinite components of the universe at will These components are intricately interwoven with the fabric of human life, and humans cannot function in isolation from them However, humans can control their minds to adapt to these components and avoid being harmed by them

Our ancestors were happier than us not because they possessed more worldly things and pleasures than we do now, or because they were less exposed to life's problems, but because they possessed the psychological balance that gave them comfort, peace, contentment, and in short happiness

They didn't depend on external circumstances for their happiness, nor did they succumb to external conditions that would rob them of it Their feelings of comfort, peace, happiness, and contentment were natural, normal, healthy, and

lasting We, too, should cultivate these feelings if we wish to possess happiness And who among us doesn't?

Fate is the result of a past exercise of free will or freedom of choice Through our past practices of free will, we have brought and continue to bring upon ourselves fate and destiny However, we are not bound by the past, nor are we forever constrained by the consequences of our actions We can undo what we have sown and erase what we have written if we so desire and strive to correct our course and improve the quality of our harvest

If we eradicate the seeds of actions with painful consequences and plant in their place seeds more suited to the nature of the soul, we will surely reap the fruits of happiness from those good seeds sown in the soil of the soul We must exercise free will now, now and not tomorrow, if we wish to attain greater happiness or lessen suffering and pain

Therefore, the conditions for happiness lie within the human being, and all he has to do is deal seriously with that equation that does not err, and the results will be in his favor if he makes the best assessment and dealing with it

O Lord, may my being be filled with Your vitality, my heart with Your comforting and compassionate presence, my mind with Your wisdom, and my soul be filled with Your divine awareness

In the soil of your hearts, the seeds of love grow Water those seeds with the waters of universal love and universal compassion

The mind's power is unlimited and accordingly, if you think deeply enough about any subject, you will get the answer to any question related to that subject

If a person dedicates all their work and activities to serving others and accomplishes them with a satisfied mindset, then they truly deserve consideration and gratitude

We should not be one-sided Rather, we should balance our activities and prioritize our work and duties, according to the importance of each

Duty is that action which a person performs with joy and not for material gain, and spiritual and moral duty should come first in life

Every human being has untapped potential They possess all the necessary strengths The mind itself is a supreme power, and it must be freed from outdated and restrictive habits and concepts

The influence of planets and stars on human life is caused by the intervening forces of attraction and repulsion between the planets and human bodies

Evil thoughts lead a person to a harmful environment where they can express themselves according to their desires However, a person can change their thoughts and consciousness through willpower, and consequently, their environment If a person remains in a harmful environment for a long time, that environment begins to influence

them subconsciously Over time, they completely lose their freedom to choose a healthy and wholesome environment and become subject to the negative influences of that harmful environment Those with strong willpower, on the other hand, are in harmony with God

Concentrated mind energy

When you focus sunlight through a magnifying glass onto a tiny point, it produces heat, and that heat can ignite wood, fabric, paper, and more Similarly, when you focus your mind precisely, its concentrated energy can burn away the roots of doubt behind every failure and allow the light of wisdom to shine brightly

When the mind aligns with God, the source of all goodness and the origin of all blessed power, it becomes aware of the divine presence and possesses all the elements of success These elements are closely linked to God's immense power, capable of creating new opportunities for success in any field

Troubles and difficulties arise from a person's lack of awareness of their past actions, committed at a particular time and place Their current suffering stems from thoughts and deeds they uttered, which took root in the soil of their consciousness, sprouting into a plant and bearing fruit that reflects the very characteristics of those thoughts and actions

Trials and tribulations do not come to break a person or paralyze their will, but rather to make them appreciate God's greatness and respect His laws, through which they can attain true happiness God does not send these harsh trials because they are primarily of human making All that is required of humanity is to awaken its consciousness from its slumber of heedlessness and to emerge from the darkness of ignorance into the light of knowledge

Most of the time, our senses promise us fleeting pleasures but ultimately bring us prolonged pain and suffering True virtue and happiness, however, promise little, but ultimately grant us pure and lasting joy This is why I consider inner, lasting happiness to be true joy, and temporary sensual pleasures to be mere enjoyments

When you look at the sun from millions of miles away in space, that enormous star appears much smaller than our Earth

However, the Earth's diameter is approximately 7,900 miles, while the Sun's diameter is a hundred times greater than the Earth's If you could place our planet Earth directly in front of the Sun, it would appear as a tiny dot compared to the Sun

Let's suppose that the mighty solar field is expanding and widening until its enormous mass swallows the entire blue sky The sky we see is but

a small part, indeed a tiny speck, of the space that permeates the infinite universe

Even if the sun continued to expand and stretch into space indefinitely, it would still not be able to encompass infinity

The cosmic illusion of smallness and finitude limits and prevents the mind from perceiving that cosmic vastness

Where did this absolute void come from, and where are its limits?

He who is not subject to dimensions or measurements, who has no limit or origin, is God, who is omnipresent and exists in the farthest reaches of space He is in the distant, remote stars Just as it exists within you and within me , it is consciously aware of every space it occupies , no matter how small or large

The past is unknown to most of humanity, with the exception of a select few enlightened individuals Yet, our ignorance of the past is also to our advantage For if we knew everything we have done in this life and in previous lives, we would be overwhelmed by the sheer volume of our actions and utterly bewildered Our will might even be paralyzed by the shock, rendering us incapable of continuing our pursuits and leaving us prey to despair Even in this earthly life, forgetfulness is a blessing from God, preventing our thoughts and feelings from being consumed by memories of the past, especially the bitter and painful ones

Fortunately, the divine spark within us constantly shines with hope and the desire to continue the ceaseless journey of life We must thank God for these two blessings: the ability to forget the past and the hope for the future

We should not conclude that fate places obstacles in the way of free will However, we must do our utmost to resist the negative influences that most people attribute to fate and destiny, and exercise our freedom of choice according to our inner convictions, provided that these convictions are based on sound faith and grounded in divine laws, without which a person cannot taste true happiness

When we embark on an action, we should not be intimidated by adverse circumstances, but rather be optimistic to the utmost degree, with absolute faith that nothing can stand in the way of exercising the will and exercising freedom of choice

Human beings are often like a leaf floating on the surface of a river, and they must pull themselves out of the current of automatic habits that carries them toward waterfalls of illusion and destruction Most people seem indifferent and allow themselves to be swept away by the current

If we fail to achieve our goal, it's acceptable to implicitly acknowledge that there were obstacles of our own making that prevented us from reaching it We must persevere and redouble our efforts to achieve our desired outcome We must also assure ourselves that no matter how strong and formidable the obstacles and challenges may be, we still possess the strength to overcome them Even if we fail despite all our attempts, there is no need for despair or frustration, as long as we understand that human will is stronger than destiny, which is of our own making Therefore, we must not cease trying, no matter how many times we fail, because there are always open doors We simply need to continue striving and repeating the attempt until success is granted to us God will provide us with assistance as long as we rely on Him and exert the necessary effort [He who walks the path will reach the destination, and he who trusts in God will not be disappointed]

When a person desires something intensely and persistently, that desire never leaves their consciousness, wherever they go and whatever their preoccupations may be Through its constant and tireless activity, that desire possesses immense determination and energy This inner whisper is more powerful and effective than mechanical supplication, which merely moves the lips This is how those who love God act They whisper their love for Him ceaselessly, their heartfelt whispers remaining inaudible throughout

their daily activities This heartfelt whisper does not distract them or conflict with their other duties As their desire for God grows, their love for Him deepens and intensifies, until they experience His presence and behold His light with the eye of the soul They taste overwhelming joy and feel a peace beyond description

God sends us the lessons we need in life so that we can benefit from them and gain understanding and experience Whoever avoids those lessons will be forced to learn them no matter how long it takes

Every test is a friend if we learn from it, and a tyrannical despot if we squander the opportunity and misuse it with grumbling, resentment, and poor judgment

When we have a sound understanding and the right attitude towards life, it becomes beautiful and free of complications

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psychological cases

A person cannot remain forever carried on waves of joy, submerged in turbulent waters of sorrow, or drowned in the depths of boredom In this world of conflicting dualities, the average person is subject to ups and downs—rising on waves of happiness, sinking into the abyss of apathy, and tossed about by raging waves of sadness—rarely experiencing any other state of consciousness

Allowing circumstances to sway one's thoughts in this way means surrendering one's will to a capricious and ever-changing fate What a person needs to live a successful and fulfilling life is mental balance, and this can only be achieved through focused thinking and control over one's emotional faculties

Even the deepest sorrows heal with time, so there's no point in dwelling on grief every day of our lives Constantly grieving the loss of a loved one helps neither them nor us, and it changes nothing Similarly, cultivating an inferiority complex or punishing oneself for past mistakes or failures is counterproductive; it only makes life miserable and stifles mental faculties

We must not allow ourselves to fall into the pit of boring routine, because that is a psychological state that is far from comfortable, as it disturbs the mind and burns the latent abilities in the furnace of apathy

Failure must be eradicated from its roots, and the fields of life must be plowed with diligence and determination and sown with seeds of goodness in order to reap a bountiful harvest, with God’s help

Do something no one has done before—something that will amaze the world Show that God's creative power is working through you

People with calm and noble temperaments help make our thoughts magnetic and healthy It's not difficult to determine whether a person draws their intellectual nourishment from a peaceful or a disruptive environment Anxiety, distress, and confusion all stem from associating with the wrong kind of people, whether friends or relatives, leading to anxious thoughts and a troubled mood

The body derives energy and activity from physical foods, while magnetic foods supply both the body and mind with energy charges that are easier to digest than solid and liquid foods that cannot be easily converted into living energy

When you can transform ignorance into wisdom, weakness and frailty into health and vitality, and walk confidently and boldly—even alone—through life's paths, and find inner joy in possessing a living and vigilant conscience, and unwavering faith in God's justice and the triumph of right over wrong and truth over illusion, and when you strive daily to elevate your thoughts to higher and more refined levels, and possess a loving and grateful heart and good intentions toward others, your intellectual nourishment will become magnetic, and you will attract to yourself all that is beautiful and beneficial—things, people, and circumstances—that are essential for continuing your journey toward the shores of security and safety And lastly, when you exert effort to acquire what you need and are content with what God provides, you will be richer in spirit and more satisfied than those who are consumed by worldly desires and greedy for its fleeting pleasures

Compassion is the bridge that connects every soul to other souls Compassion is the gateway to every heart

When a person seeks God, who is the only true friend beyond all others, it becomes possible to establish genuine friendship in all human relationships—familial, fraternal, marital, and spiritual Friendship is a vital element in marital

relationships, and intellectual and emotional closeness, a sense of spiritual attraction, and true love should be the priority Those who fail to distinguish between true love and physical attraction are repeatedly disappointed

When marriage is founded on high ideals and mutual respect, it becomes a happy and successful union between two loving and cooperative souls who alleviate each other’s burdens of life and dispel the worries of living with mutual empathy and friendly understanding

No one can control me or take away my will unless I allow the thoughts and actions of others to influence me

If you confine your thinking to matter, you will see everything from a material perspective But once you raise your consciousness to a state of spiritual awareness, you will see the pervasive current of God's light flowing beyond all matter, and you will see everything from a spiritual perspective

Lord, I realize I have an endless opportunity to explore my abilities and discover my spiritual potential Today I will fill my thoughts with optimism and detach myself from unpleasant experiences I will practice what will nurture my

body, mind, and spirit in a balanced and harmonious way

I will replace material attachments with higher aspirations
And I will realize that the faithful spirit is always with me

The dance of life and death is ever-present, but I will free myself forever by saving my spiritual identity And when I face the storms of trials and tribulations, I will set sail in my spiritual boat across the sea of life to the safe, divine shores

When I work and create, I will remember that God is working through me He is the Lord of the universe, and I can connect with Him through deep contemplation of Him

My beloved God, I realize that my thoughts will bring me either failure or success, depending on which idea is strongest in my life And I will try to remember that You are extending Your helping hand and preparing the way for my success

When calamities and misfortunes befall me, I will summon my strength and fortify my resolve to overcome them I will be sincere and honest in my

dealings with everyone, and I will spread thoughts of love and good wishes Then God will support me with His power and wisdom

Spiritual illnesses and their treatment
Master Paramhansa Yogananda

Try to imagine a group of human figures that are disproportionate and disharmony:

One with a small head the size of a chickpea and a large body the size of a camel!

Another one has a mighty hand like the hand of Samson or Hercules and a body like the body of a dwarf!

And a third one has the head of a huge elephant and the body of a scrawny mouse!

Wouldn't that scene be surprising and astonishing to you, or sad and regretful, if you suddenly saw a crowd of those creatures with a strange and discordant composition?

Now imagine another group of people who are normal in form and appearance, but are mentally unbalanced and psychologically disfigured

Just as clothes conceal wounds, sores, and other physical deformities, so too does a strong, healthy body and a beautiful, radiant face conceal many serious mental illnesses and birth defects

If you were to meet a large crowd of ordinary people who are distinguished by their elegant appearance and good health, and if you were able to penetrate their mental bodies with your spiritual

vision, the surprise would be astonishing, and you might be overcome with deep sadness at what you would discover

You might observe their mental bodies as follows:

The mind is represented by the head, the senses and feelings by the torso, and the will by the hands and feet all of which are abnormal, sick, and deformed

You will find that some have a small head with underdeveloped wisdom, mounted on a flabby body swollen with selfish ambitions and sensual desires

You will also find that some people have a body that is devoid of feeling and vitality, even though they have a highly developed, functional arm

Others may possess a large, creative brain, but their empathy and emotional capacity are stunted and atrophied And there is another category of people who have a normal physical and mental constitution, but whose willpower and self-control are either weak or paralyzed

And the list of observations goes on and on May you live long!

Such countless psychological distortions in mental bodies that are underdeveloped in some aspects and overdeveloped in others are indeed present – although hidden – in humans They cause them psychological pain and prevent them from showing their talents and abilities as they should be shown

Addressing some psychological illnesses here may help to identify the underlying causes of all human problems, so that they become at least known to all those who suffer from them, even subconsciously, so that they can understand the nature of those defects, their symptoms, and their silent penetration into the psyche, so that they may be able to repel their creeping destruction of peace and happiness

spiritual melancholy

This disease is widespread among those who are intellectually and physically inactive under the pretext of being deeply engrossed in spiritual matters These afflicted individuals neglect the major and minor duties of material life under the guise of serving God, thus opening themselves up to Satan, who can inflict serious harm upon them They suffer from pessimism and a lack of appreciation for anything beneficial or beautiful around them This is a contagious disease, and all those with spiritual aspirations must be wary of it and free themselves from it by constantly keeping their vitality alive and their immunity strong through positive thinking, an optimistic outlook, and healthy, productive work

spiritual indigestion

This happens as a result of the random (guzzling), that is, the rapid ingestion of large quantities of ready-made psychotropic drugs registered under glittering names, and presented in the form of fake spiritual books and lessons by

“spiritual doctors” experienced in the art of charlatanry and sorcery

This disease not only kills the spiritual hunger to know the truth, but also destroys the ability to distinguish between good and bad, beneficial and harmful

He who constantly devours theological ideas and feeds on everything that falls into his hands will not only overeat but will also consume poisonous ideas along with useful ones, bringing upon himself intellectual indigestion and thus slow spiritual death

Excessive and continuous study of various spiritual and philosophical ideas, without discernment or effort to digest and examine them through personal experience in order to ascertain their validity, ultimately generates doubt, apathy, and distrust in all spiritual principles and laws

Passion and obsession

Those afflicted with this disease live a wasted, meaningless life because they have too much money and time, and because they lack purpose and a proper understanding of life

These people are driven by their desires; they do whatever comes to mind and pleases them They fill their lives with cheap, trivial novels, sensational films, and superficial, pointless entertainment They don't realize they are afflicted with this dangerous disease until they experience a severe shock or a nervous breakdown—that is, after the damage has been done

mental cold

This condition has another name: despair A person never knows when it will strike and suffer its distressing symptoms, such as hopelessness, intolerance, anxiety, and impatience Worse still, it is often prolonged, and its victims frequently relapse easily, even if they believe they have made a swift recovery

Psychological catarrh

This illness is caused by dwelling on chronic worldly worries Those who suffer from it usually neglect to use the weapon of their willpower and thus passively and submissively submit to their constant fears instead of confronting them courageously and eliminating them in their infancy

abnormal psychological attachment

Victims of this disease become one-sided in their pursuit of happiness Believing that happiness lies in accumulating wealth, achieving fame, or possessing health or power, they sacrifice everything—health, a good reputation, peace of mind, honor, and dignity—on the altar of their burning ambition Too late, they realize that only a balanced life, one that respects the laws of nature and the precepts of God, and harmonizes activity with tranquility, can bring true happiness and fulfill the purpose of a noble life

Those suffering from unhealthy attachment disorders are consumed by thoughts of unbridled longing, leading to a distorted and warped view of life For example, a businessman achieved great success and amassed a fortune, but before he could enjoy his wealth, he suffered a nervous

breakdown due to overwhelming worries and fears, and died heartbroken

Others believe that everything is permissible in order to achieve the goal Because of this confusion, they miss their true objective and are unable to attain even the slightest satisfaction, even if they possess those things they have longed for, because human nature is vast and multifaceted and requires balanced development on all levels

Blind spiritual clinging

This aberrant fanaticism for certain beliefs stems from clinging to specific opinions and ideas without questioning or examining them, thus creating in those afflicted with this malady anger and hostility toward any sound spiritual idea or open and liberated thought This isolation leads to rebellion against God's laws, which are manifested in intellectual efficiency, material well-being, mental and physical health, and love and respect for people of all backgrounds

Instilling spiritual principles

Because physical illnesses are tangible, painful, and unpleasant, they spur us to actively resist them, leading us to try to overcome them through various therapeutic methods, from exercise and healthy nutrition to different medications and drugs However, psychological illnesses, despite being the root cause of all human pain and fear, are not prevented or treated with

sufficient urgency, and are allowed to wreak havoc and destruction on our lives

Educators, physical education teachers, preachers, reformers, physicians, and legislators will be able to drive progress forward when they first learn, starting with themselves, and then teach others the correct ways to cultivate human nature in a balanced and harmonious manner, in accordance with the laws of life and the principles of a healthy existence This is the truly effective education and comprehensive human culture that people everywhere in the world need

Educational institutions deem it impossible to teach spiritual fundamentals in public schools due to the perceived confusion between these principles and various religious doctrines However, if these institutions focused on the universal principles of peace, love, service, faith, open-mindedness, and acceptance of others—which are firmly established spiritual constants—and developed practical methods for instilling these principles in the fertile ground of children's minds and souls, a reasonable and acceptable solution to this supposed and imagined difficulty could be found It is a grave mistake to ignore this issue simply because of the apparent difficulties associated with it

Most college graduates leave university with their heads so heavy and swollen from the contents of books that they can barely walk the paths of life, for their willpower and self-control have been almost paralyzed by neglect and disuse

Therefore, you see them acting recklessly and deteriorating, rushing headlong into the abyss of unequal marriages, misusing their sexuality, chasing after money, and failing in their careers because they haven't learned how to properly wield the sharp knife of their academically honed intellect As a result, they cut themselves and inflict harm upon themselves

Strangely, many young people seem to enjoy engaging in activities that ultimately bring them harm and pain Some resort to theft and other wrongdoings, even criminal acts, without any restraint or deterrent Those who fail to prevent the spread of vice in society encourage the misguided behavior of some Every person of conscience and genuine faith should be a good example to others in terms of integrity, honesty, dignity, and self-respect Schools, colleges, universities, and social institutions do not provide sufficient scientific methods to reduce crime by addressing its root causes, which are primarily found in the mind

Special schools should also be established to teach the art of a happy and successful life, to develop one's potential and enhance one's self-capabilities

Such schools will be like gardens and parks where young minds grow and flourish The educators must be carefully selected and ensured to have the cooperation of parents and the community These schools will help shape individuals more effectively It must be borne in mind that the spiritual nourishment of a person in

their early stages determines their health and ability to grow later on

The mental and physical training methods used in modern schools are undoubtedly beneficial, but they lack a spiritual foundation Without the development of virtuous character, growth will be incomplete

The sciences of physical, mental, and spiritual development must be taught to young people whose minds are still tender and flexible and whose powers are not yet channeled in certain ways

After comprehensive training, students of those schools should undergo continuous reflective examinations, and the certificates acquired will be good health, a good reputation, effectiveness, material and spiritual wealth, happiness, success, and self-confidence

The results of the final examination at the end of this earthly journey will be determined according to the overall sum of mental and spiritual achievements and certificates obtained during the sub-examinations throughout the lifetime

Those who excel in this final, greatest test will receive a sacred certificate of self-sufficiencyand a free, pure, and joyful conscience

And blessings inscribed forever on the page of the soul

This rare prize will not be tampered with by moths

And the hands of thieves will not reach it

Or time will erase it

It will serve as a passport
For honorary membership in the Righteous Group

Where does happiness lie?
God, in His absolute mercy, grants us His joy and inspiration
And it gives us real life
True wisdom
And true happiness
True understanding comes through all the diverse experiences of our lives
But God's glory is revealed only in the spiritual peace the soul experiences and in the mind's earnest attempt to harmonize with Him There, we stand face to face with the truth Outside, illusions are incredibly powerful, and very few can escape the influence of the external environment The world continues with its endless complexities and countless trials The voice of God lies behind the appearances of life, constantly calling to us and speaking to us from flowers, scriptures, our consciences, and through all the beautiful things that make life worth living
The more we focus on external things, the less we can experience inner glory; and the more we turn inward, the fewer external difficulties we face It's a constant equation But most people don't realize this truth due to the influence of worldly companionship, the society they live in, and unhealthy habits Society keeps a person immersed

and preoccupied with superficial matters, preventing them from contemplating deeper truths

Even spiritual places are visited by some without a genuine desire to benefit from their blessed atmosphere, so they gain nothing of note from those visits

Whoever desires to see God will find Him everywhere Human habits are destructive, predatory, and ravenous; they destroy, ruin, and annihilate It is time for humanity to learn how to be happy and content with what it has We should not desire anything more than what comes to us God is generous; He knows what we need and provides it in due time This does not mean we should rely on God without making any effort Not at all It means we should do our part to the best of our ability and leave the rest to God, who will never deprive us of what we need and deserve

The best way to be eternally happy is to feel God's presence Our highest desire should be to know God and to resolve to be with Him God should be first and foremost in our thoughts and feelings, and we should consider Him the strongest and most firmly established pillar in our lives

(So hold fast to the rope of God, seeking refuge in Him)

For he is the pillar if all other pillars fail you

I have come to realize that the sole purpose of life is to know God There are those who may not be convinced that finding God is the ultimate goal of life But no one can deny that the purpose of life is

to find happiness And I say with complete confidence and certainty that God is the ultimate happiness He is supreme bliss He is absolute, universal love He is the eternal joy that never leaves the souls of those who are in harmony with Him So why don't we strive to attain that perfect happiness? No one else can give it to us We must constantly cultivate and nurture it within ourselves The forces of nature strive tirelessly to grant people worldly pleasures, but such fleeting pleasures ultimately lead to regret, bitterness, and remorse Even the most fortunate person, who seems to have everything, may still not be truly happy They will not be content with earthly things for long because these things do not quench their true thirst or satisfy their spiritual hunger

Material possessions offer only a false sense of peace and fleeting satisfaction The world as a whole is mired in confusion and chaos, fueled by selfish and greedy desires that breed war Nothing else creates war

The true hero in the battle of life is the one who conquers himself and overcomes his desires Money, fame, lust, and everything that contradicts this principle are detrimental to our peace and happiness If people learned to always think in terms of the true values of life, they would find the happiness they seek, but they stray from their purpose and are swept away by the current of earthly desires I have found that no temptation can divert me from the path I have chosen and followed for myself

I could charm thousands with the power God has given me, but that path would be detrimental to me In any case, I do not wish to charm thousands and captivate their minds I only desire to see sincere disciples steadfast in God Those who love God will savor these ideas, and those whose zeal continues will feel God's blessings and presence through these teachings

It is impossible for a person to deceive God, for He is ever-present, knowing what is in their mind and what they desire When they renounce the world and yearn for spiritual harmony, God will come to them When that desire takes root in the heart of the one who seeks it, God comes to that heart and fills it with goodness and blessing The only thing worth living for is to be in harmony with God and to gain His favor That harmony must be an eternal covenant and an unbreakable pledge (those who keep God's covenant and do not break it)

Everyone desires more wealth than others Even when they acquire it, they remain dissatisfied, discovering that someone else is richer People live in a quagmire of self-inflicted misery, fueled by their desires We must be content with what we have Material possessions do not bring happiness; rather, they often amplify anxieties, worries, and apprehensions

The path to God is the simplest and easiest path, yet few walk it despite the many religious rituals and formalities It is better to turn our hearts to God and ask Him for what is best and most

lasting for us In truth, God is waiting for us because He wants to keep us away from evil and danger He wants us with Him in our hearts and minds because the cheap goods of this world cannot satisfy human longing or fill the spiritual void we feel deep inside God is always speaking to us, but few hear His voice That quiet voice is often drowned out by the clamor of noisy thoughts and blatant desires But when thoughts subside and desires calm, we hear God's voice clearly, even though it is silent and faint Truly, God does everything to help humanity, opening doors and illuminating paths so that we may see where we should step, lest we stumble or slip But most people do not realize this truth

I don't want people to think they can attain knowledge simply by listening to others or reading books They must apply what they read and hear Going to places of worship is better than staying home and listening to idle chatter But even in places of worship, one must feel God's presence in their heart and know how to experience it Emotional outbursts and rational analyses cannot give us the knowledge our souls yearn to acquire

When we surrender ourselves to God and bid farewell to selfish desires, and when we are certain that God is always with us, dwelling in our souls and inspiring us with good and noble thoughts and feelings, we will possess happiness and freedom, and we will witness the sunrise of wisdom on the horizon of the soul

Imagine! Decades from now, our very existence will be a dream, and everything we do now will become part of that dream Even the greatest figures of humanity will become mere figments of human consciousness But those great figures attained their ultimate goal because they reached the highest level and remain alive in spirit, fully aware and conscious of all that is happening, for they are united in divine consciousness Anyone who tries to harmonize with them through their thoughts and teachings will inevitably feel their presence, receive their blessings, and know deep down that they are truly in communion with them

Life is a grand dream Yet, when you look at your body now and see it vibrant with life, you become fully convinced of the reality of this dream You think you must acquire this or that thing to be happy But no matter how many desires you fulfill, you will not find happiness through them The more one acquires, the more one desires Desires must be filtered, and life simplified if one wishes to live in comfort, tranquility, and inner contentment

The scriptures say that the person whose desires always flow inward (towards their soul) is a person of high inner peace In this, they are like the sea, which never changes or diminishes, but remains full of water that flows into it ceaselessly But the person who creates holes of desire in the reservoir of their peace and allows the vital waters to leak and be wasted knows nothing of spiritual peace and inner happiness

We need guidance from those who know God, who have the ability to communicate with Him and consciously sense His presence The prophets have asked us to seek God in inner peace, in the solitude of the soul where the faithful spirit and supreme spiritual joy reside The enlightened teachers of India also endorse these ideas and emphasize the importance of deep meditation to perceive the Divine Self in the depths of the soul

Everything in existence is a wave-like vibration directed by the mind of God This intelligent vibration is the Holy Spirit, or the faithful Spirit, with whom one can communicate through prayer and meditation

In the stillness of your soul and the grove of your focused mind, the love affair with the Absolute and the Infinite is endless But it is difficult to find God if we pursue money first We must make God an integral part of our lives, and then we will have everything we need in this life Whoever makes God a permanent place in their heart, God will grant them an abundant share of the blessings of earth and heaven, and open before them vast horizons where the suns of wisdom shine, illuminating their paths and dispelling the darkness around them God is the eternal lover, and there is no happiness for humankind except when they love God as they love—at least—their dearest loved ones, for without God, we would not know the essence of love, nor taste its sweetness

We must learn to use our will and focus our minds to seek God with all our hearts Human

actions are dictated by desires, and these habits constantly compel us to do what we don't want to do Truly, man is his own enemy, unaware of it He doesn't know how to sit still, nor does he dedicate time to God, yet he desires happiness and guaranteed entry into Paradise without delay The sacred experience cannot be attained merely by reading books, listening to sermons, or performing good deeds These are all undoubtedly beneficial, but they are insufficient Reaching God requires meticulous concentration and profound contemplation

We must seek God's favor first We cannot please everyone, for that is impossible I try not to offend anyone I do what I can, and that is all I can do My sole aim is to please God I use my hands to humbly pray before Him, my feet to seek Him everywhere, and my mind to think of Him and contemplate His wonders God must occupy the first place in our hearts so that we may experience Him as peace, love, understanding, kindness, compassion, and wisdom This, and nothing else, is what I have come to bear witness to and speak to you about

In addition to reflection, one should maintain good company We should not chase after people, but rather after God If you find benefit in these thoughts, consider it a blessing from God, for all credit belongs to Him Share them with others so they may find in them what you find (And as for the favor of your Lord, speak of it) And do not forget to help someone every day according to

your ability As long as I have money in my pocket, I will not cease giving, for my inexhaustible and ever-flowing source is God

Finally, we must come to know God as the great ones did This is possible through contemplation and personal effort

Once, I was walking outside the hermitage, thinking about my great teacher, Sri Yuktiswar, who had passed away a few years before I felt an overwhelming longing for him and was sad that he was not with me to enjoy the beauty and atmosphere of the hermitage Suddenly, he appeared to me from the sky and said, "Do you think you are the only one enjoying this beautiful place? I am enjoying it just like you!"

The seeker desiring union with God must strive through the daily practice of meditation and loving Him, and extending that love to all This is the only way to avert conflict Spiritual cooperation is essential Without true spirituality, there is no individual or universal happiness Sacred harmony is the only solution to all physical, financial, marital, moral, and spiritual problems

Happiness comes from feeling close to God Humanity has imprisoned itself behind the bars of ignorance, and it is time to break free from this humiliating prison The mind must always be turned towards God, whatever the circumstances, and then you will experience great peace and joy

Those who yearn for God and dedicate their being to Him, encourage and enlighten one another, and constantly remember God, are the

happy ones in this world and the winners of the bliss of the Hereafter

Peace be upon you

The curtain will rise and clear away

Each one of us is made in the image of God We emanated from His divine Spirit, and His essence dwells within us in all its purity, glory, and surpassing bliss This sacred inheritance is an impregnable fortress For a person to condemn themselves as a sinner, floundering in the paths of sin, is one of the greatest sins of all For in doing so, they condemn themselves to helplessness, despair, and an inability to rise and ascend It is true that a person may commit acts contrary to natural and divine laws, but they must immediately change course and turn to the right path In their pure nature, a person is a sacred temple, and the divine Spirit dwells within them

We must always remember that God loves us purely and unconditionally But since He has given us the absolute choice to draw near to Him or turn away from Him, He waits for us to express our desire for His love before He comes to us

Once I heard his voice whispering during meditation: “You say that I am not with you, but you have not looked inside I never leave you for a single moment Enter the temple of the soul and you will see me For I am always here, to receive you and greet you with the greeting of divine love”

Profound sincerity is essential on the spiritual path In purity and truth, the dawn of the soul breaks forth

Our human wisdom is nothing compared to God The only way we can draw closer to Him is by giving Him the same pure love He bestows upon us

Everyone will eventually find salvation, but those who falter along the way fall into the abyss of apathy Indifference prevents us from realizing the crucial importance of finding God right now, in this very moment Our great planet Earth, floating in space, and our human identity, were not given to us to spend a few years here and then vanish into nothingness Rather, we are meant to reflect deeply and understand the mystery of existence To live without understanding the purpose of life is foolish, stupid, and a waste of time The mysteries of life surround us on all sides, and God has endowed us with intelligence to find their solutions

In my search for lasting love, I realized that God loved me in every way imaginable He loved me as a mother, a father, and a friend

I searched for that eternal friend beyond all friends,

And about that great lover whom I now see shining in every kind and loving face That divine friend has never disappointed me, nor has he ever let me down

God is behind all that exists We should honor and treat our parents kindly, but we must love God with all our hearts and souls We must recognize

the importance of a vital connection with Him, without wasting any more time

When we sleep, we don't know if we will wake up or not We leave this earth one by one But this thought should not cause anxiety When we die, we are called to be born again on earth, beginning a new life from where we left off in this one

I see life as the formation and dissolution of waves on the surface of the ocean The human wave rises from the surface of the divine ocean at its birth, and at death, it rests in the heart of God I have grasped this truth and know that I never truly die, despite the death of the body For whether I am resting in the ocean of the divine spirit or awake in the physical body, I am one with the cosmic ocean That supreme happiness cannot be found in the world At the same time, we have no need to flee into the forest in search of purpose We can find God in this jungle of daily life—in the depths of the cavern of silence

Human beings may commit many errors, but they are molded in the image of the divine spirit God created this illusory world of earthly pleasures for one purpose only: so that humanity might realize it is merely a cosmic drama, abandon illusions, and love God alone This is the truth, and it cannot be otherwise Why did God create us to love our family members only to see them depart from us one by one? These events occur to make us realize that it is God who truly loves us, beyond all those we love

Life is a series of moving images, but this truth is difficult to grasp because illusions seem real and realities seem like illusions The world fades from our consciousness each night as we sleep, perhaps so we may understand that the physical universe is not real

This lesson of sleep comes not to frighten us, but to make us yearn for the truth of God Nothing can satisfy the soul except God and His love The Spirit of God is the unparalleled truth There is no such thing as unreal, and what is real cannot be unreal The wise understand this radiant truth

Many years of our lives have passed, and only years, weeks, days, and hours remain Why waste time on things that are not beneficial? We should desire to connect with God day and night, and be completely sincere in this desire before the allotted time of life runs out and we leave this earth without accomplishing anything of note

At that very moment, I saw the great light of God enveloping all of creation What overwhelming joy! What a wondrous light!

My God, I thank you and bow down to you for these abundant blessings of feeling your presence

Blessings upon everyone in the same way, so that we may realize that You are the ultimate truth in the universe and that You are our ultimate goal, beyond which there is no other goal

We must love Him and speak to Him every second of our lives—at work and at rest, in movement and stillness—with deep supplication and burning longing Then we will see the veil of

illusion rise and dissipate God is with us in every moment of our lives Those who contemplate and harmonize with Him see Him in the beauty of flowers, the nobility of kind souls, the sublime and noble emotions, and the beautiful dreams Finally, He will emerge from behind the thick veils to say to every sincere seeker:

"We have been apart for a long time because I wanted you to give me your love willingly I created you in my image, and I waited until you used your freedom and gave me your love of your own accord"

We must ask God to grant us the eternal and lasting gift of His divine love But who can find this loving God without effort? If you exert 25 percent of the effort, the rest is up to God and your spiritual guide I ask nothing for myself, for all credit belongs to God, the source of all goodness and grace May His grace accompany you, His awareness be with you, and may you perceive the abundance of His presence within you and all around you

God does not answer us immediately because we hesitate to show how much we desire Him We should not be afraid to approach Him, but rather consider Him our own, our Beloved, and seek Him ceaselessly with our thoughts, actions, hearts, and minds, and we will find Him the greatest refuge of security and peace in this existence

O Lord, I offer You this bouquet of good souls, that they may adorn the temple of Your presence Accompany these souls, who are Your family and

Your beloved We sing Your blessed name Dispel the darkness of ignorance with Your holy light Banish the gloom from our minds with the radiant, boundless light of Your being We are Yours, whatever our circumstances Reveal Yourself to us, O Lord of Majesty and Bounty Bless each one of us Accept the whispers of our longing thoughts and the yearning beats of our loving hearts To You we offer all love, honor, and longing, for You are our Beloved and all that we possess in this universe

Bless us with Your grace Break down the walls of desire that separate us from You Be the divine King enthroned upon all our aspirations May the light of Your glory spread throughout the vast world Bless us all Fill us with the fragrance of Your presence And let us realize ever more that You have always been with us, You are with us now, and You will be with us forever

We thank You for the grace and love You have bestowed upon Your devoted followers who yearn for Your nearness and eagerly await Your presence We hope that the circle of Your disciples will grow so that we may celebrate Your blessed presence and rejoice in Your nearness

Bless us so that we may open our hearts to one another and purify our intentions, that we may be worthy of your protection and care Reveal yourself, inwardly and outwardly Unite us all, and in the light of that unity, let us recognize your unique existence

With the sincerity of our united hearts and the longing of our harmonious souls, we prostrate

ourselves before You, seeking Your help, guidance, and the constant awareness of Your presence in our souls

May the eternal fire of love burn brightly in our hearts, and may we feel Your nearness to us now and forever, O our Lord, O our Beloved!

Supreme desire and mental capsules

Great is the glory of God He is the essence of truth and can be found in this life In people's hearts are many prayers and supplications: for money, fame, health—prayers of every kind But the prayer that should be first and foremost in every heart is for the feeling of God's presence As we walk the paths of life in silence and certainty, we must realize that God is the ultimate goal that can satisfy us and fulfill our desires, for in God lies the answer to every longing of the heart

When you cannot fulfill a desire through your own efforts, you turn to God in prayer Thus, every supplication you utter reveals a hidden longing within But when you find God, all desires fade away, and all wishes are fulfilled

Worldly desires arise from misconceptions about the purpose of life This earth is not our true home The scriptures tell us that we belong to God, that we are created in His image, and that His will is for us to return to our divine origin What humanity fails to realize is that unless it returns to its divine source, it will be forced to struggle to fulfill countless desires Imagine that! It is true that humans cannot help but have desires, and there is

nothing wrong with having them However, most human longings hinder the fulfillment of the ultimate desire to return to God Thus, they are detrimental to human happiness Unless humanity desires God and finds Him, it will continue to burn with longing for whatever it thinks will bring it happiness But the immediate fulfillment of all desires comes automatically to those who find God

There are two categories of desires: those that help us find God, and those that hinder us from finding Him For example, if someone wrongs you, you may feel the urge for revenge However, if you overcome this urge by using the higher and more acceptable power of love, you will have used the very tool that will help you find God All desires should be fulfilled in a noble way, for when they are fulfilled through worldly means, desires multiply, along with troubles and suffering If we learn to offer all our longings to God, He will work to fulfill our good desires and eradicate our harmful and destructive ones There is no greater protection than a clear conscience, and no better defense against life's blows than possessing noble and sublime desires

When we realize that the perfect image of God resides within us, all our desires are fulfilled In that sacred awareness, which surpasses all earthly treasures and riches, you will not be shaken even if given the entire world Neither praise will instill pride in you, nor will blame harm you, for you will taste God's joy within yourself, and that will be the most important consideration in your life

We should ask first and foremost for God’s guidance in our attempts to achieve our legitimate desires, and that is the best way to get answers to all our prayers But supplication must be removed from prayer The old way of praying must change, and we must turn to God with complete trust and unwavering faith that He hears us and will grant our requests God does not want us to relinquish our will—even when we pray to Him—because that will is the most precious gift we have received from His gracious hand, a sacred right He intended for us from the moment of our creation

Naturally, one must distinguish between reasonable and unreasonable prayers and desires Remember that desire is power; if you cling to a desire—whether good or bad, beneficial or harmful—and dwell on it day and night, it will eventually come to pass Therefore, one should be cautious and avoid harboring harmful desires, for they will be fulfilled and will bring with them immense harm and unenviable misery

Over time, you'll find that even though your desires are fulfilled, your heart remains empty, and you'll experience inner rebellion Imagine your digestive system is weak, yet you crave fried foods Of course, you'll feel pain every time you eat them, despite the pleasure you experience while indulging And so, you'll feel like you've made a mistake Wisdom dictates using discernment to distinguish between good and bad desires, and once this is achieved, those wrong desires should not be fulfilled Human beings possess the inner

power of discernment and should always use it, guiding their lives according to the dictates of conscience, which is the voice of God

Unfulfilled desires linger in the heart What harm is there in harboring them there? Here's the answer:

Every desire is composed of specific forces: either good or evil, or both When a person dies—may God have mercy on him—these forces do not die despite the body's decomposition and decay Rather, they accompany the soul wherever it goes in the form of concentrated spiritual capsules When the person is reborn in a new incarnation, these capsules or psychic tablets manifest as behavioral tendencies Thus, a person who died an alcoholic brings with them the inclination toward alcohol when reborn, and this inclination persists until they overcome the craving for alcohol This applies to other things as well

Even the smallest children exhibit traits acquired from past lives Some children suffer from severe temper tantrums Others have bad tempers Of course, God did not create them this way Unfulfilled desires from past lives have shaped these psychological tendencies, and because of them, the soul appears somewhat strange, even though it is created in God's pure image If the image of God is distorted within a person in this life, whether by anger, fear, or lust, and these traits are not overcome now, then they will be reborn with them (or they will be reborn with them), bearing the burden of these miserable

tendencies until they overcome them in this or future incarnations There is no escape from them until they are overcome

Therefore, it is better to fulfill all desires now or conquer them

The best way to rid oneself of such desires once and for all is by experiencing supreme divine joy Otherwise, these repressed desires and unfulfilled longings will haunt and torment the soul

A person must realize, through discernment and wisdom, that God alone is capable of granting pure and lasting happiness

Most of the time, desires remain hidden in the unconscious You might think they've faded away, but they haven't; this is one of life's mysteries, which is itself a great mystery

But the mystery dissipates when we analyze life and contemplate its meaning If you were to sit quietly for a short time each day and examine yourself, you would find that you possess many unfulfilled desires These desires are like deadly germs that a person carries with them wherever they go, both in this life and the next

The best way forward is to discern—through wise choice—the harmful desires in this life and focus your efforts on fulfilling your good desires If you feel the urge to commit suicide or do anything wrong, you must banish that urge now Convince yourself, in thought and deed, that you possess a spark of divinity within your soul, and remember that you are created in the image of the Almighty,

and therefore you have the power to transcend your physical nature and habits

Be less attached to luxuries and more detached from desires, and you will win the battle of life If you are suffering from intractable pain, try as much as possible to detach yourself from physical awareness Through discernment, you can overcome the senses Wise discernment is the fire that burns away harmful desires and destructive appetites, reducing them to ashes

It's common practice for people to store old, worn, and unnecessary items in a corner of the house, and to tidy and clean the house from time to time Similarly, in the corner of your subconscious mind lie many desires with latent harm, which may cause you significant trouble one day if you don't deal with them properly

Self-analysis is crucial on the spiritual path You may be hateful, irritable, or quick to anger If so, these traits stored in your consciousness are a result of your past actions To clear your psyche of this cluttered, worn-out furniture, you must begin with positive, constructive actions and cultivate affection for others The more you love people, the more they will love you, and you will feel their love But if you criticize them, even to yourself, they will sense that criticism and return it to you amplified!

Suppose an old enemy has died, yet you still harbor resentment and hatred toward him You will suffer as a result of this bitterness, and its harmful effects will manifest in your body and mind It is better to forgive him for the sake of God, for in

doing so, you will free yourself from the evil desires of revenge that destroy your peace of mind and shatter your tranquility Heaping hatred upon hatred, or responding to animosity with hatred, not only intensifies your enemy's hostility toward you but also poisons your own body and emotions as a consequence So forgive with a beautiful forgiveness

From time to time, a person must leave everything behind to be alone with themselves, in order to reflect on the purpose of life Most people are adrift in a current of traditions and fashions In reality, they have never truly lived their own lives, but rather the lives of the world What have they achieved, and where have they ended up?

Therefore, it is wise for a person to occasionally remove himself from daily preoccupations and "duties" in order to calm the turmoil of his mind and try to understand its essence and determine the goal he wants to achieve

Remember that the greatest testimony you can receive is that of your conscience: the unmistakable and infallible voice of your soul What your conscience tells you is who you truly are, without embellishment or disguise

Think of the power of Jesus Christ who said, “Father, forgive them, for they do not know how to do what they do not know”

And think of the great Prophet who said: “Shall I not tell you what raises one’s rank?” They said: “Yes, O Messenger of God” He said: “Be patient

with the one who is ignorant towards you, give to the one who withholds from you, maintain ties with the one who severs ties with you, and forgive the one who wrongs you”

Listening to the voice of your enlightened conscience will bring light to your path and blessing to your life When you feel a strong urge in your heart to fulfill a desire, use your discernment and ask yourself: "Is it a good or bad desire that I am seeking to fulfill?"

Many factors fuel human desires When someone sees a new model car, they want to own one like it When they see a new style house, they want to own one like it A new fashion trend becomes popular, and people yearn to buy and wear that style!

Where do desires come from? I spent hours pondering this Can you categorize all your desires? I managed to sort through them all and keep only the good ones And when I attained divine communion, I found that all my good desires were fulfilled at once Today you crave something, and tomorrow your soul yearns for something else Your mind, which emanated from Almighty God, cannot be satisfied by the goods of this world, and it never will be, because, my dear friend, you have lost the most precious and valuable treasure of your soul, the one who alone has the power to satisfy your longing and fulfill your desires That lost treasure is God

It is true that there are some good or necessary desires, and that you should work

towards fulfilling them But while striving to fulfill your smaller desires, do not forget to first fulfill your greatest desire towards God The conviction that smaller desires and duties must be fulfilled first is an illusion and a deception I still remember at the beginning of my spiritual journey that I was a procrastinator and did not meditate regularly, even though I kept telling myself that I would make time for it A whole year passed like this before I realized that I had not fulfilled what I had promised myself I immediately made a vow to myself that the first thing I would do in the morning was wash and then meditate on God Daily tasks were numerous at that time, and it was not easy to escape them, even for a short while Therefore, I decided to perform my spiritual duties first And thus, I learned a great lesson: my duty to God comes first, and only then do I attend to other, less important duties

Why should God open the gates of eternity to humanity if humanity prioritizes other duties and considerations over God? God has placed spiritual wings within us and expects us to soar in the realms of the spirit These wings are our spiritual longings, our lofty thoughts, and our sincere yearning for our divine source

Let us seek God first It is unwise to give utmost importance to earthly duties, for Azrael may summon the soul at any moment, and then all duties, commitments, concerns, and obligations will cease and end once and for all So why cling so tightly to life?

A person thinks that he is enjoying security and peace of mind, then suddenly loses a loved one, or loses his health or his job, and security and peace of mind go to waste!

How great was my love for my mother! I thought she would always be with me, but suddenly I found that she had left me when I was a child! We should not fear death, but rather be prepared for it

Life is not what it seems Don't place your trust in it, for it is fickle, deceptive, and full of disappointments and shattered hopes Perfection cannot be found here I don't want to give you an unrealistic picture of life This world is not paradise It is a divine laboratory where God tests souls to see if they will overcome evil desires with goodness and make Him—that is, make God—their greatest desire, so that they may return to His kingdom

Life is teeming with all manner of tragedy and comedy, calamities and joys It is a vast, ever-changing, and vibrant tapestry of countless forms No two things are exactly alike Every person's life is unique Each individual has different features, a different mindset, and different desires If we were subjected to the same trials every day, we would grow weary and bored Even Paradise, if it were always the same, would lose its appeal We love variety and diversity The prevailing traditional concept of Paradise is entirely wrong If it were truly tedious, the saints and holy men of God would have prayed to return to Earth to entertain

themselves! Paradise is constantly renewed in the most delightful way, while Earth is often constantly renewed, but in a tedious and unpleasant manner

However, despite the fact that life is exhausting and arduous, most people grow accustomed to it, believing there is no other way to live Unable to compare this life to spiritual life, they fail to realize the extent of the pain and weariness hidden within the folds of this world

In truth, life isn't real It's merely entertainment, nothing more Just as old films are re-released time and again, so too do the same old events repeat themselves in different forms And despite life's endless continuation, the same themes presented in past films are replayed one after another Truly, history repeats itself, and people are mere artifacts in the museums of time

To let life unleash its surprises, accept them with joy, objectivity, and detachment, unaffected by emotion, as if watching a movie A heartfelt laugh is a wonderful cure for all human ills

You must approach life with ease and comfort This is what I learned from my teacher At the beginning of my spiritual training in his hermitage, I performed my duties with a sullen face, never smiling One day my teacher noticed this and remarked, "God willing, all is well! Are you at a funeral? Don't you know that finding God means shrouding worries and burying all sorrows? Don't take life so seriously"

He taught me that it is man’s duty to raise his mind above all earthly distractions and troubles so that he may find complete freedom in God

One must maintain balance in joys and sorrows, profit and loss, victory and failure in order to face life's challenges with courage and self-confidence

Maintaining inner peace despite all events is the best way to overcome deceptive desires This is what I learned from the great ones who were not affected by the vicissitudes of time, but remained steadfast and unchanging until the end Even the prophets, when they were tortured, did not lose their sacred consciousness, nor did they allow anyone to steal God's love from them Spiritual joy is itself a blessed protection and the greatest fortress of all Amidst trials and tribulations, remember the blessings God has bestowed upon you Your soul is a sacred temple of God You must not allow the darkness of ignorance to defile that pure place How wonderful it is to be in a state of spiritual awareness, honored, dignified, safe, and at peace! Fear nothing and hate no one Give your love to everyone Feel God's love and see His presence in all people, and let your strongest desire be His constant presence in your heart This is the way to live in peace and tranquility in this world But it is difficult to taste this self-satisfaction as long as the fierce winds of desires are blowing through the oasis of the heart and shaking its trees violently

Desires are shaped by a person's environment They are born from our sensory perceptions and limited by the limitations of those perceptions Attending a rural fair fulfills a desire for some excitement, but after visiting a world-class exhibition and seeing all the different displays, the small fair loses its charm and appeal Thus, we must first experience the joy of communion with God so that we can compare that joy to lesser earthly pleasures Then, desires will be of a higher nature Desire is endless; no sooner is one desire fulfilled than another takes its place But when you find God, all your desires are fulfilled "Seek first the kingdom of God and his righteousness, and all these things will be given to you (And what is with God is better and more lasting)" So why not seek first the fulfillment of that greatest desire and receive from God's generous hand the best and most enduring?

When God answers the seeker's prayer to know Him, all his other desires will be fulfilled immediately and forever

Some people think they have no desires Fine!

I've noticed what often happens when people go to the market They may not have a specific desire to buy, but suddenly something catches their eye and they think, "Oh yes, I have to buy it!"

Even if they don't buy it right away, it lingers in their thoughts day and night until they finally do, even if they have to borrow money They enjoy it for a while, but gradually its allure fades and the

joy of owning it diminishes, so they desire something else, and so on

Sometimes we meet someone who says: "Ah, if only I had such and such amount of money (or a special model car or a swimming pool or or)" and as soon as that wish is fulfilled, another longing arises for something new

Human desires are inherently imperfect, and therefore they are incapable of achieving complete happiness for their owners

The world will try to distract you from remembering that the only truly worthwhile desire is to find God But you must remind yourself of this every day When a person decides to quit smoking, stop overeating, stop lying, or stop cheating, they must be resolute in their decision and not waver A bad environment drains and weakens the will, creating false desires within a person It takes the best from them and gives them the worst Those who live with thieves believe it's the only way to live But associating with good people directs the mind toward higher things, so that false desires can no longer tempt a person Everything in this life is subject to change and fluctuation But a few moments of deep contemplation or studying and reflecting on pure spiritual subjects will be a source of inspiration, carrying the earnest seeker across the ocean of deception and illusion to divine shores where "no weariness will touch them therein, nor will they be expelled therefrom"

(The greatest rest has been prepared for those who toiled, and the one who did not spare any effort in seeking the truth has won it)

True happiness lies in longing for God and constantly thinking of Him With perseverance, a time comes when that thought becomes so steadfast and unwavering that no physical, mental, or emotional affliction can divert your awareness from God Is it not wondrous to live with the awareness of God, thinking of Him and feeling Him at all times, and to remain in the sanctuary of His unassailable presence, where neither death nor anything else can steal your inner peace? (Those who believe and whose hearts find rest in the remembrance of God Verily, in the remembrance of God do hearts find rest)

When you become immune to all desires, you enjoy eternal presence

Life is strange indeed, for everything is subject to change Therefore, one should not anchor the ship of happiness on the shifting sands of this life Our time will pass, and what we see now will one day be gone Change is acceptable as long as you do not allow it to harm you And when it does harm you, the inner turmoil you experience is a message to you not to be possessed by desires When you are secure in the divine spirit, you enjoy everything without attachment or dependence Therefore, striving to know Him is of utmost importance for those who care; otherwise, life will be a devastating disappointment, crushing hopes in a terrible way

When I returned to India in 1935, I hoped to visit the places I loved as a child, but upon arrival, I found that everything had changed The stage of life had been rearranged in a different way The greatest disappointment and shock came when I visited my old house in Aykapur, where I used to play and watch the birds Only one tree remained of all that I remembered Such is life! Familiar and cherished things slip away from our sight one by one I was ready to give anything to see our house as it was in my childhood And yet, God granted my wish, for I later saw the house in a vision, where we swam in the pool, and then I went upstairs, lay on the bed, and ate mangoes, just as I had done many years before

Desires must now be examined and scrutinized very carefully, sorted well, and only the good ones retained, and not even those good desires allowed to stifle the most important desire for God

That desire must remain alive and burning, and must not be allowed to fade or die out Man is under a great illusion when he asks God to fulfill his earthly desires but does not ask Him to reveal Himself to him Imagine a child who constantly demands that his parents grant his requests, and otherwise neither asks about them nor thinks of them That is ingratitude and a denial of their kindness, and in that there is a lesson for those who reflect

When this book of life is applied, one will be accompanied only by the spiritual knowledge

acquired during one's earthly sojourn Therefore, God must remain ever-present in one's mind, constantly invoking Him and never forgetting Him if one is truly concerned about one's spiritual future When we are in communion with God, we will find that all desires are fulfilled in a mysterious way But we must seek God first He is generous and has given us everything, but we will only find Him when we are not content with His gifts but turn to the Giver Himself We will come to know Him as long as we are sincere in our pursuit, earnest in our desire to draw near to Him and experience His blessed presence

The greatest obstacle a person faces is their own self When they try to sit quietly and contemplate spiritual matters, worldly thoughts suddenly arise, distracting them and preventing them from achieving their goal They must train themselves to control their thoughts and bodies, and in doing so, they will carry a portable paradise within their soul In life or death, in heaven or hell, that supreme happiness will accompany them

We must pray to God deeply, pouring out our great longing, asking Him in the language of the heart, the yearning of the soul, and the whispers of the conscience, so that He may hear us and answer us But if a person prays half-heartedly and at the same time thinks of something else—something God knows is not the primary concern of that person—He will not answer

We must first have God The time is now We must not wait, for illusions are too powerful Life

passes quickly, and it is a shame to leave this world without knowing the purpose of life We should reflect whenever we have a moment of free time Even if your prayers are not answered initially, do not despair of God's mercy, but continue to supplicate Pray sincerely and trust that your prayer will be answered

I have witnessed in my life the greatest proof of God's responsiveness to prayer But such a response requires effort, for nothing of significance comes without striving Meditation is essential to unveil the mysteries of life and enter the kingdom of God

Bad habits and other distractions will try to undermine your efforts and weaken your resolve But if you want to be happy, keep your thoughts turned towards God, and you will find Him close to you

Desires for earthly pleasures create a magnetic pull that draws a person to this earth, life after life Returning to the flesh becomes unnecessary for those who have found their desires in God Whenever they wish to fulfill any desire, they think of it, and it manifests before them My mother appeared to me after her death, and I was comforted by seeing her and thanked God for His goodness Truly, He is the Most Generous and the Most Merciful He fulfills our desires to demonstrate His love and gratitude to us when we give Him the first place in our hearts

When a person reaches God, they become the master of life and destiny We must not rest until

the divine presence is firmly established in our lives He will grant us all that we long for and will test us

The trials and obstacles on the spiritual path are many and great, but as we pass through those trials and overcome those obstacles, we must say: “O Lord, You have answered my prayers and fulfilled my greatest wishes, so my heart has become rich with Your presence and my soul is radiant with Your light”

Peace be upon you

From the sayings of the teacher Paramhansa Yogananda

People complain about the idea of giving up certain things in life, even though in reality they give up many valuable things, not least of which is peace of mind, and sometimes they even sacrifice themselves for money, which is subject to damage and loss

Surrender yourselves to God and you will find that your life has become like a beautiful rhythmic melody

Turn your attention inward from this world to the vast kingdom of God that is within you

In the ship of tranquility you can sail to that world beyond our dreams where the divine spring

flows without ceasing from the depths of the heart and soul

Lord, help me to play my part in the play of life in a way that pleases You, whether I am weak or strong, sick or healthy, famous or unknown, rich or poor, knowing that You love me and will never abandon me

Wealth may be taken from a person, or they may be taken from it, upon their departure from this world, and they cannot take it with them Its true value lies in spending it on beneficial deeds and in bringing happiness to oneself and others in a way that pleases God and one's conscience

Those who think only of their own security and comfort, forgetting or ignoring the needs of others, are in reality courting the poverty that will one day be their lot Those who cling to their wealth instead of using it for good deeds do not bring themselves prosperity in their afterlife but are born poor, with the desires and cravings of the rich But those who share their abundance and prosperity with others attract goodness and plenty wherever they go

When you give to those who deserve it willingly, you will find that God is always with you and will never leave you and you will need nothing We must not forget that our lives are directly sustained by God and when we realize that our minds, our wills and our activities all depend on God and derive their strength from Him, then we

will receive direct guidance from Him and we will realize that our life is one with His infinite life

Meditation provides proof of God's existence Once the waves of sensation are cleared from the mind's pond, divine bliss springs forth from the soul This bliss already exists within the soul, but it is veiled

Oh, Lord I will use my willpower and intellect To accomplish small things first And then I move on to bigger achievements

Even if all material ambitions are achieved Yet it only grants incomplete happiness — and by finding God I will discover inexhaustible reservoirs of joy And it never stops flowing and running In the gardens and evergreen meadows of the soul

House: Victory Square

If a person spends their life chasing one thrill after another, they will never know the taste of true happiness One should live simply and approach life with ease It is advisable for a person to spend time alone, reflecting on their own actions from time to time, and practicing inner peace, which brings healing, rejuvenation, and renewed strength

If distractions are constantly present and other stimuli bombard the senses, the nerves will suffer as a result, large amounts of vital energy will be wasted, and the soul will feel tense and distressed Furthermore, one should not be overly concerned with correcting others; rather, one should correct oneself before attempting to correct others

Let it be known that the home is the greatest battleground A person who is an angel in their home will be an angel anywhere

The sweetness of the voice and the peace suggested by noble behavior are needed more in the home than anywhere else

Just as darkness cannot remain where light shines, so too must the darkness of disease vanish when the light of God shines in the body's cells , and few are those who realize this truth

When people feel a strong desire to heal , they pray with troubled hearts Or with a feeling of despair , assuming that God will not listen to their prayers Or they pray but do not wait So that they may know whether their prayers have reached God

Just as one cannot listen to music broadcast through the air using a faulty receiver, so too one cannot pick up the vibrations of health, strength, and wisdom emanating from God with a psychic apparatus malfunctioning with fears, worries, and all kinds of anxiety, doubts, and uncertainty

Let us remember and thank You, Lord, in times of need and prosperity, in sickness and health, in darkness and light, and in all circumstances Let us remember with gratitude the days of well-being You have bestowed upon us Help us to open the eyes of faith so that we may see Your blessed light, which heals all illnesses and ailments

I am the captain of my ship of good thoughts, my good will, and my fruitful, beneficial activity I will steer the ship of my life, always keeping my

eyes fixed on the shining planet of peace in the sky of my deep contemplation

I will use my creative thinking skills to achieve success in everything I do God will help me if I also try to help myself

Today I will till the garden of life with renewed effort and sow it with the seeds of wisdom, health, contentment, and happiness I will water the seeds with faith and self-confidence, and I will await the Almighty's bounty to grant me a just harvest Even if I do not reap the expected harvest, I will remain grateful and thankful for the peace of mind that comes from striving to do my best

I will thank God that I am able to keep trying until I succeed, by His grace And I will thank Him when I achieve my heart's greatest desire I will strive to do only noble and worthy deeds, seeking God's pleasure

The world is teeming with natural and human storms, and God is the strong shield and safe haven from the storms, hurricanes, and evils of this world Wherever God is, there is no fear or sorrow The true believer stands firm and proud in the battle of life and the struggle of events, certain that God is with him, protecting him from harm and never abandoning him for a single moment Thus, fear vanishes from his heart and certainty takes hold, a protection that cannot be imposed

Not being afraid means having faith in God and His protection, and having faith in His justice, wisdom, mercy, love, and omnipresence

Fear deprives a person of their psychological strength, clouds their mind, and impairs the heart's natural rhythms Furthermore, fear can cause physical disturbances and psychological illnesses Instead of succumbing to anxiety and psychological confinement, a person should assure himself that he is safe in the protection of God, the All-Seeing, the All-Hearing, secure in His impregnable fortress, and encompassed by His mercy and care

Whether in the African jungle, on a battlefield, suffering from illness or poverty, one must convince oneself that God's hand is stronger than any danger and capable of protecting those who seek refuge in Him There is no more effective means of protection Of course, one must use reason in dealing with events while simultaneously having complete faith in divine assistance Faith never means being reckless or acting unwisely in the face of adversity Rather, regardless of what happens, one must affirm to oneself that God alone is capable of helping in difficult and trying circumstances if one turns to Him with all one's heart, soul, and senses

When difficulties descend like an avalanche, we must not allow them to paralyze our will or obscure our clear vision and wise, logical approach Rather, we must maintain our faith in God and our innate sense of right and wrong, and strive to find a way out With God's help, we will find it Ultimately, things will improve because God's

power and wonders are hidden behind the contradictions of human life Those who do not accept the inevitability of circumstances and instead try to penetrate beyond the veil with their intellect and faith will find the door opened for them—a door that every believing hand knocks upon

Life is shrouded in darkness, and sometimes we stumble and hesitate to move forward We must let God's light be our guiding lamp as we walk through life's dark paths God is the full moon in the nights of ignorance and darkness, the sun of radiance in the hours of awakening, the beacon of guidance, and the guiding star for those traversing the seas of earthly, fleeting existence

Problems will persist in the world, so where can one turn for guidance and direction? One's thoughts, influenced by habits, prejudices, biases, and fanaticism, are of no use, and the influences of one's environment, family, country, or world are incapable of providing true guidance Therefore, one must turn to God and listen to the calm, serene voice emanating from the depths of the soul, a voice in harmony with truth

The difference between mental contemplation and spiritual introspection

If a person programs themselves with theoretical knowledge, they become like a walking recorder, repeating proverbs and lofty phrases, and others consider them learned and

knowledgeable But such knowledge is not reinforced by a direct perception of truth, nor is it matched by spiritual attainment This kind of intellectualization or intellectualization keeps the "self" tied to the sensory mind, which is itself limited by the physical senses Theoretical knowledge cannot acquire divine knowledge, and it is advisable not to waste one's precious time on theories that cannot be applied in reality, lest one find oneself lost in a dense intellectual jungle, unable to transcend the realm of theory

This process will not lead to knowing the truth because the truth lies beyond opinions and theories, and many who follow this approach become bound by their own subjective conclusions

If a person uses their mental faculties solely for acquiring money and material possessions, their consciousness will be drawn into the material world and become entangled in endless complexities Therefore, wise people say that a person should not dedicate all the mental abilities God has bestowed upon them to the pursuit of fleeting things, lest they lose themselves in the labyrinth of materialism and create unnecessary limitations and constraints for themselves Instead, they should use their mental faculties to obtain the necessities of life and strive to develop their moral faculties in order to distinguish between right and wrong, and between what is harmful and what is beneficial When they cultivate their spiritual insight, they will be able to sense God within

themselves and ascertain the spiritual truths hidden behind the dense veils of materialism This state is called spiritual introspection

Whatever our concerns may be, God must always take precedence in our lives One of the most important elements of spiritual growth is the constant, heartfelt connection with God, through which you will personally witness a wonderful, positive transformation that will deeply impress you

When a person wants to see a show , or buy new clothes or a new car , isn't it true that their mind is preoccupied all the time? With regard to those matters and how to achieve or obtain them? He will not rest until he fulfills his desires , and he will continue to work tirelessly to achieve those desires

Thus, the human mind should be preoccupied with thinking about God And then all the lesser, smaller desires will be transformed To a strong desire to feel God and communicate with Him

When the mind whispers to God a heartfelt, fervent whisper Emanating from the depths of a longing soul

The soul's call will touch the cosmic heart , and the answer will come, bringing with it great joy

Intellectual whispering cultivates willpower , until you possess enough strength to achieve the desired goal

When a person's mind and will are in harmony with God , they are charged with limitless power , so that merely thinking about something becomes enough to bring it about , because divine law works in favor of those who are in harmony with the supreme will

All the remarkable achievements in my life have been accomplished through the power of a mind in harmony with God When the divine generator is running, everything I desire comes to fruition without exception, first taking shape as an invisible, ethereal design and then manifesting with irresistible force in reality

The secret of growth

We grow through every experience we go through, as long as we realize we can learn valuable lessons from them For every pain and suffering we experience has meaning and purpose

Despite the harshness of trials, they are like fire that melts iron ore, transforming it into beautiful, strong, and versatile steel The wisdom we forge through the scorching flames of experience is truly remarkable Life purifies us, transforming our base natures into precious elements, allowing us to live with souls as pure as jewels, as strong as steel, yet flexible and resilient, bending without breaking under the pressures of adversity and hardship

When we see faces distorted by anger, scarred by brutality, their sight makes us yearn to banish the ugliness from our own souls—a soul untouched by anything but evil intentions and deep-seated grudges that obscure the blessed divine image within us, just as soot mars a mirror The painful actions of others should awaken in us the desire to improve our own behavior and control ourselves, so that we may be masters of our unruly passions, not slaves to them

Kind words are a wondrous remedy for many ailments, possessing a powerful, almost magical, magnetic force that brings abundant blessings and prosperity to their speaker Those who use soothing, gentle words feel a subtle current flowing through them without interruption, their being filled with an abundance of tranquility This is because that current is connected to its higher source, ever-flowing and perpetually reaching souls in harmony with it They will then be able to transmit this flow of happiness to souls yearning for peace

Every day, a person looks in the mirror to see their face because they want to appear at their best to others How much more important, then, is it for them to stand daily with themselves and gaze into the mirror of inner analysis to discover what lies beneath the glittering surface! For everything that is outwardly attractive derives its allure from the inner self And nothing tarnishes the pure mirror of the soul like psychological distortions such as

anger, resentment, envy, and hatred Whoever strives to free themselves from these compounds, alien to the nature of the spirit, will allow the light of inner beauty to radiate from within

Through analysis, we discover that human problems are threefold: there are problems and disorders that attack the human body, others that attack the mind, and a third category that blocks the pathways of the soul

Illness, old age, and death are the difficulties and obstacles the body faces Psychological illnesses, however, invade the mind through sadness, fear, anger, repressed desires, resentment, hatred, emotional obsessions, feverish nervous agitation, and the psychological cancer that paralyzes mental faculties The most dangerous illness, however, is the illness of the soul, manifested in ignorance, from which all other diseases spring and spread

There is more good than evil in the world

When doubts creep in, we should remember the lives of great people It is true that we are human beings, but God has endowed us with extraordinary powers that we rarely use So why tremble in fear of old age, illness, and sorrow? We should do what we can to care for our bodies, but we should not succumb to fears or bury ourselves under piles of ignorance

The body is not the whole person

Good outweighs evil in this world because God is the ultimate power But when evil befalls us, we think we have no power to control it or escape its grasp

Storms of evil are bound to blow , but we can overcome their effects and rise above them

We were not given life to be destroyed by it, but to instill in us an awareness of eternity, and we must remember this truth

Without freedom of thought, one cannot express oneself in a pure, spontaneous, and natural way Remember that you are fundamentally free The power of the will is always free

If you use your willpower correctly, it will create good karma for you, but most people do not want to change and do not want to make the effort, so they crumble in the face of difficulties and are unable to face challenges

Doing whatever one pleases is not freedom, because humans are bound by their desires, and therefore their actions cannot be called freedom at all True freedom means doing everything with a will guided by wisdom A person can control the consequences of their past actions, which will inevitably follow them, if they activate their will and use it for good and beneficial deeds If you conduct your actions with reason and willpower, the forces of your previous wrong actions will

weaken and the habits resulting from your good actions will be strengthened

We constantly desire what we lack and become attached to things that are not essential Once something possesses us, we temporarily lose our free will Just as Easterners are enslaved by ancient customs, so too are Westerners enslaved by modern ones We create our own destiny and become bound by it

Why is one child born into a wicked family while another is born into a good one? Each of them used their freedom to live a certain way in the past (in a previous life) and thus brought those circumstances upon themselves in this life

There is no true freedom without God We must think of Him constantly Whatever our concerns and thoughts may be, God must occupy first place in our hearts , and when we are truly aligned with Him, we will be given the ability to accomplish what we must, at any time, with His divine help

Advice for the disciple

One of the students asked the teacher Paramhansa To give him some self-improvement advice, he said : If you want to be loved Start by loving others who need your love

And if you expect from others Be loyal and faithful to them so that they will be true to you

If you wish to prevent others from acting maliciously and cunningly , do not allow deceit to seep into your own thoughts , and do not act in a way that harms others

If you want others to sympathize with you Start by showing empathy towards them , especially towards those around you

If you want others to respect you , you must show respect to both young and old

If you want peace from others , you must live a life of harmony

If you want people to be religious , be spiritual in nature and let others feel that you are a good role model and that they can rely on you and trust you

In short, everything you want others to show One of the good qualities is to demonstrate it in your life first , and you will find that people will react to you in the same way

If you can identify the areas in your life that need improvement without becoming discouraged or developing an inferiority complex, and if you consistently work on enhancing your own character, then the time you spend on this will be far more productive than if you were to waste wishing others would improve themselves Your positive example and sound behavior have a greater power to change others than your wishes, anger, and words alone

O Lord, You are the source of all goodness and the origin of all power Bless us so that we may reflect Your blessings upon us in our health, our intellectual aspirations, and our spiritual expressions You are the radiance in the stars, the energy in the atoms, the kindness in hearts, and the beauty in truth Help us to fill ourselves with Your supreme power, Your infinite wisdom, and Your boundless authenticity

Lord, let us recognize that You are the fountain of health, the ocean of life, and the source of all understanding and knowledge Free us from ignorance and its effects, from fears and worries, and let the flood of Your wisdom sweep away all the debris and rubble from our lives

Tear away, O Lord, the veils that hide Your face from us Let us see You as a light so bright, like countless suns on the horizon of our lives Let us feel You as an ever-renewing power that inspires our thoughts, nourishes our souls, sustains our bodies, and fulfills our dreams

Amen

Most people don't know why From their existence on this earth , they believe that the purpose of life It is the fulfillment of desires Obtaining the necessities of life Seeking pleasure and human love , and ultimately surrendering to the final caller

People begin their lives Programmers with specific inclinations and desires that were not fulfilled in the past And they try – with what little free will they have left – By imitating the desires and actions of others , if they associate with businessmen , they want to become like them , and if they associate with artists , art becomes everything to them

God wants us to be practical in this world He has given us hunger that requires us to work to satisfy it, but searching only for food, shelter, money and possessions means that man forgets the source of his happiness

It is true that we must work to obtain our needs and strive to achieve our legitimate goals, but first and foremost, we must open our hearts to God and seek His guidance and approval in all that we do Then we will surely succeed in the school of life, for we will receive our direction from the Supreme Manager and Provider who knows what we need and what is best for us Therefore, we must place our trust in Him and submit to His wise will

From the lectures of the teacher Paramahansa

When the inner happiness of the soul is obscured by a thick layer of fleeting sensual pleasures, the golden glow of the spirit dims, and the soul's transparent faculties are hidden behind the density of matter When one's mind is drawn to

jealousy and envy, and shrouded in clouds of fear and worry, one becomes miserable, wretched, and defeated But when one directs the same attention toward love, peace, and harmony, one experiences profound happiness

The soul feels happiness when it turns from physical desires mixed with suffering and misery to the transparent virtues of the spirit, filled with sublime delights

If the soul becomes completely immersed in coarse worldly pleasures, it becomes indifferent to the pursuit of higher joys and incapable of experiencing spiritual delights Many might argue that renouncing material pleasures is nearly impossible in this world or while living among people whose thoughts revolve solely around material matters However, it is not required of the average person to abandon the world and retreat to mountains and forests to find tranquility and peace Rather, they should remain in this world without allowing its powerful currents to sweep them away, lest they be overwhelmed by the turbulent waves of this life

A person should not be negative towards his surroundings, and at the same time he should not allow materialism to blind his vision, lest he lose touch with his spiritual nature and become unable to taste the joys of bliss and witness divine lights

Life, with its essence, components, and goals , is a difficult puzzle to understand but not

impossible to solve , and with our progressive thinking, we solve some of its secrets every day

The devices based on precise scientific principles in this era are certainly impressive , and the discoveries that science brings give us a clearer vision of the ways in which life can be improved But despite all the equipment, inventions, and strategies we have , we still seem to be like puppets in the hands of fate , and the road ahead is still long Before we are freed from the control of nature

Certainly, living at the mercy of nature is not freedom Our enthusiastic minds are overwhelmed and shackled by a sense of helplessness when we feel that we are victims of floods, hurricanes, or earthquakes , or when events snatch away from us – without logical reason – our loved ones close to our hearts We then realize that we have not achieved many victories , and we have not been able to overcome adverse circumstances For despite all our efforts to make life as we want it to be , certain circumstances will always appear on this earthly stage , and events directed by a mighty mind about which we know little , working completely independently of our opinions and will The best we can do is work and make some improvements

We grow wheat and make flour , but who created the first seed? We eat bread made from flour , but who gave our bodies the ability to digest it? And how to transform food into nourishment?

In every corner of life There seems to be an indispensable divine hand We cannot manage our affairs without it , and with all the certainties we possess We do not know when the heart will stop functioning Hence the necessity of bold reliance On the supreme divine power And relying on our higher self , emanating from that omnipotence Which we are modeled after

We must possess a faith free from pride , and walk confidently on the paths of life

Without panic and trembling , and without distress and confinement

Dealing with allergies

Overcoming sensitivity is a delicate art, and controlling one's quickness to react is important for developing a balanced and well-rounded personality

Sensitivity stems from misunderstanding, inferiority complex, inflated pride, and an exaggerated ego

When a person thinks their feelings have been hurt, that thought takes root in their mind, arousing their nerves, which then become tense and rebellious Anger ignites in their heart due to the wounded emotions However, some people have the ability to control their emotions, so their outward signs don't appear despite the intense rage within them Others express their anger through immediate reactions, evident in their eye

muscles and facial expressions, and through sharp, coded verbal responses

Excessive emotionality has serious consequences; it complicates the situation and creates an undesirable instability that negatively affects others

Efforts must be made to exercise self-control and composure, fostering an atmosphere of understanding and harmony that promotes peace instead of tension and dispels the fumes of stress Those who do so will be masters of their own destiny and will be rewarded with appreciation and respect by those around them

Excessive sensitivity is a trait shared by most people, and when this irrational emotion flares, it blinds insight and clouds the eyes of wisdom Even worse, the overly sensitive person believes they are thinking, feeling, and acting perfectly, when in fact their behavior may be entirely wrong!

Many people believe they should pity themselves when criticized, and that self-pity provides them with some relief But like drug addicts, the more they take, the stronger their addiction becomes

A highly sensitive person often suffers needlessly More often than not, no one knows the cause of their distress or the nature of their grievance, leading to increased anguish in their self-imposed isolation Nothing can be achieved by

silently dwelling on perceived insults or criticisms It is far better to address the root causes of such hypersensitivity through objective analysis and self-control

This type of unhealthy allergy has serious consequences; it consumes the heart like fire and destroys the tissues of peace Therefore, it must be dealt with wisely, logically, and with a firm will

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I work hard to serve everyone, but when I retreat to my solitude for reflection, I don't allow anyone to disturb my contemplation Other matters can wait, but my daily appointment with God must not be neglected or overlooked

Before undertaking any action, pause and carefully consider the consequences and their impact on your mind, body, and soul Actions driven by compulsion are not liberation, as actions contrary to the laws of harmony and progress will restrict the individual Conversely, actions sanctioned by discernment and in accordance with one's conscience are virtuous and bring freedom

When you decide to do something good, or to refrain from doing something bad, and you stick to that decision and act accordingly, know that your share of freedom is plentiful

God wants us to use the freedom of choice that has been given to us to search for Him and

find Him, but He does not want to impose Himself on us

The desire to get closer to God and to know Him does not come on its own, but it must be activated and nurtured Without that desire, life has no value or taste

Let your spiritual insight guide your thinking and success will follow you wherever you go

To God I dedicate my voice, my hands, my feet, my heart, my body, my feelings, my will and everything

Love is the spiritual weapon that ends all wars

Beyond this earth there are limitless worlds where we will meet again those whom we thought had left us forever

This worldly life is ever-changing sorrow follows sorrow illusions upon illusions This mirage that appears on the desert of our consciousness must vanish, and we must awaken our true selves from beneath the dense veils of matter

Do not try to base your hopes on this life Where is your guarantee? You are only safe when you take refuge in the knowledge of God

The essence of the soul is like ancient gold buried under the soil When the soil is removed from the gold and it is washed with the water of contemplation, it glows anew with complete purity and clarity

Lord, let us see what is good, think sound thoughts, and associate with those of good character Help us to think of You and to contemplate You, O You who are the source of all righteousness and the origin of all goodness

Freedom from weakness

The best way to overcome weakness is to stop thinking about it; otherwise, the idea of weakness will overwhelm your consciousness and dominate your inner self When we bring light into ourselves, darkness will vanish as if it never existed

That idea brings me wonderful inspirations

When light is introduced into a cave that has been shrouded in darkness for thousands of years, the darkness vanishes instantly Similarly, weaknesses and errors fade away when we allow the light of God to enter our consciousness, and the darkness of ignorance cannot remain This is the philosophy by which we should live

Procrastination is useless The wheel of life never stops turning, and the days of our lives pass quickly Every minute we spend thinking clearly and acting wisely is a successful and profitable investment in our happiness

Many people spend their whole lives thinking about money, sex, and fame, and rarely focus on the essential things that bring them peace of mind and raise their awareness to higher levels

No matter how humble a person’s role may be, he is considered successful in the eyes of God if he knows how to spend his time wisely and direct his thoughts in the right directions

When God’s light shines on a person, he does not feel that he needs anything because the joy that overwhelms him fulfills all his dreams and makes him feel deep down that he is the richest of the rich and the happiest of the happy in this life

Tunnel of Light

Those whose spiritual awareness is awakened by enlightened thoughts, good deeds, kind feelings, and deep contemplation can sense their departure from the body at the final moment of departure through the spiritual eye During their earthly sojourn, the yogi practices seeing the tunnel of the spiritual eye at the boundary between matter and spirit, and at the moment of leaving Earth, they can enter this luminous tunnel and pass from this world to God's infinite realm of light, joy, peace, and absolute freedom

{Light upon light}

The lamp of the body is the [spiritual] eye

If your eye is single

Then your whole body will be filled with light

{And the light shines in the darkness, and the darkness did not know it }

Altruism is to feel the sorrows of others, to get close to them, to communicate with them, to sincerely try to console them in their misfortune, to rejoice in their joy, and to do our best to keep away the specter of fear, need, and anxiety from them

The one who possesses the spirit of altruism does not act according to limited calculations and expectations, but uses his insight and sound judgment and proceeds to help himself and others, thanking God for the success he achieves If he fails once or several times, he does not feel discouraged, but rather becomes more determined, doubling his efforts and repeating the attempt, exploring new ideas and channels, guided by the light of reason, and seeking God’s help until he achieves his goal and reaches his noble purpose

He who works to make others happy is made happy by God with an inner feeling of psychological comfort And if he loses something for the sake of those he is trying to help, he does not consider it a loss because in return he gains God’s pleasure and peace of mind He lives to love, work, give, and sow the seeds of goodness and peace in the fields of humanity

Whoever transcends his personal world in his thoughts and feelings expands his awareness, increases his empathy, and feels that the world is his home and humanity is his family He realizes that the purpose of his existence on this earth is to reform himself before trying to reform others, because whoever reforms himself helps others to

reform themselves through the example of his life Actions have a deeper impact and a more profound effect on the souls of others than words

Short stops

The brilliance of sincerity:

Some people try to escape their problems by smiling, but this kind of escape requires a pure conscience, free from hypocrisy and deceit When a person deals honestly with themselves and others, and acts with nobility and integrity, their eyes become clear, and a unique radiance emanates from them—the unmistakable glow of sincerity

Honesty:

Some people say many things in the name of honesty, but you can't speak to everyone about everything When you offer advice and guidance, some people misunderstand your words and gain nothing from what you say; this is a wasted effort and an unappreciated endeavor Silence in such cases is golden, but this by no means means remaining silent about wrongdoing

Self-harmony:

Self-harmony is truly wonderful Most people know how difficult it is to be in harmony with others, but have you ever thought about being in harmony with yourself? It's incredibly difficult, yet possible If you analyze yourself, you'll find that you're constantly at odds with yourself If you don't

love yourself, you won't love anyone else And if a person isn't in harmony with themselves, how can they be in harmony with others?

Self-harmony is vital for harmony with the world Therefore, it is essential to value and love yourself, for you deserve that love One must love oneself because God created us and endowed us with noble potential Loving this inner self, this essence brimming with virtuous qualities, inspires noble conduct and purifies the mind from impurities and the heart from malice and resentment

Calibrating the literary compass:

One cannot deceive one's conscience, justify wrongdoing, or escape the consequences of misguided behavior, even if one were to travel to another planet The results of one's actions accompany one, and one must correct one's course and calibrate one's moral compass so that its needle always points in the right direction

Some people live in the worst conditions and yet are in great harmony with themselves, while others have every opportunity and everything they need and yet are in perpetual conflict with themselves Therefore, one should not wait for circumstances to change Convince yourself that you are okay despite your environment, which may be different from what you wish for

Whoever puts himself at the mercy of circumstances He waits for things to change, and his wait will be long

It is said that a man was fluent in eighteen languages, yet he was so poor that he couldn't afford a lamp to read by So he would go to a corner and sit under a streetlight to read Truly, willpower creates means, forges opportunities, renews hope, accomplishes tasks, and fulfills wishes and dreams

Actual communication with those who know God can be done through personal contact with them, reflective reading of their writings, or deep and friendly contemplation of them The important point to remember It is in harmony with their consciousness, which is in harmony with God

When we align our consciousness with great souls who love God, this harmony gradually transforms our lives in a most wondrous way This harmony does not enslave the will but rather expands its scope and strengthens its power This is the difference between being in harmony with people filled with ego and preoccupied with what they can gain, and being in harmony with lovers of God and humanity whose aim is to give and awaken divine love in the souls of those who are in harmony with them The magnetism of these blessed individuals brings us into close contact with divine magnetism

We must keep in mind that while we strive to meet our own needs, we must also help others obtain what they need and share with the less fortunate the good things in life that come our way Let us remember that we are an integral part of the global family and that we cannot live without this large family

What would life be like without carpenters, inventors, farmers, and others? Through giving and receiving, and exchanging services, God wants us to think about and empathize with others It is a grave mistake to live only for oneself without considering others When we think about our own happiness, we must also think about the happiness of others We are not required to give everything we have for the well-being of the global family, as that is impossible Rather, we should empathize with others and do what we can to help them and alleviate their burdens

There is a relationship between success And between the satisfaction of the soul , within the context of the environment in which the individual lives

True success is the result of conduct consistent with the principles of righteousness, and it includes the happiness and well-being of others as an integral part of personal satisfaction Anyone who applies this principle to their material, mental, moral, and spiritual life will find this definition of success to be complete and comprehensive

People think about success in different ways depending on their goals in life Occasionally, some people equate it with theft, saying things like, "He's a successful thief!" This shows that not all success is desirable; our success shouldn't harm others

Another qualification for success is bringing harmony and positive results , not only to ourselves , but we must also share those advantages with others

Achieving financial success doesn't just mean enjoying what we deserve; it also means having a moral responsibility to help others create a better life for themselves Anyone with intelligence can earn money, but if they have love in their heart, they won't be able to use that money selfishly; instead, they will share what they have with others

Money becomes a curse in the hands of miserly and stingy people, but it is a blessing and a gift to those with generous hands and kind hearts

Good souls attract good souls and are attracted to them

We must learn to love our neighbor as ourselves and remember that we are here in this life for a short time, after which we depart to another world whose level depends on the level of our thinking and the quality of our actions during this earthly stay

Who are our true relatives? For the wise person, everyone is a relative, and each one is a "neighbor" Of course, the wise person is capable of discernment and understands that although the sun shines its light on a piece of coal and a diamond, the diamond, unlike the coal, possesses the unique ability to receive and reflect light brilliantly One should seek the company of those whose thoughts and feelings are as pure as a diamond and should dedicate time to finding sincere friends Those who live a clean and honest life will attract friends characterized by cleanliness and honesty, while those who live by base instincts without discernment will attract friends of the same ilk

If you value high ideals and lofty principles, it is advisable to avoid associating with people who do not believe in those ideals and principles and who confuse thoughts and disturb the mood, so that their vibrations do not lower your vibration level At the same time, do not exclude anyone from your circle of love

In addition A person should not only give love , but also make peace, so that wherever they go, they create harmony and tranquility, refreshing those around them with their kind presence No one wants to go near a foul-smelling skunk—excuse the expression—everyone avoids it Similarly, a nervous, impulsive, and argumentative person annoys and repels others We want to be like blooming roses that exude a sweet fragrance that

delights the heart Let us strive to spread the scent of peace and the breezes of goodness wherever we go and wherever we reside

The kingdom of God is not amidst the clouds or in a specific place in space It is beyond the darkness we see when we close our eyes, and when we meditate and pray, the eye of the spirit located in the forehead opens within us, and we see a blessed light and feel joy permeating every cell of the body, and we sense that the veil has been lifted and a secret door has been opened to the kingdom of God

God is an ever-renewing joy, a joy that is all-encompassing We must feel one with that joy that dwells within us and surrounds infinity

Beyond the vibrational boundaries of dense matter lies infinite, all-encompassing consciousness, beyond description in all its glory, vastness, and boundlessness This is the kingdom of heaven, an eternal, boundless, and endless conscious bliss

When the soul's perceptions expand , and it feels its presence everywhere , it then unites with the divine spirit

Glory to the Absolute Infinite , enthroned on the horizon , where heaven meets ocean And glory to the Supreme Infinite , enthroned on the peace within us ; by focusing on the Infinite within , we can receive its boundless power

Knowledge obtained from studying books or from people is limited knowledge, while knowledge obtained directly from God grants the power of wisdom, the splendor of certainty, the tranquility of the heart, and the peace of the soul

O Lord, teach me to pray with deep concentration and to blend meditation with heartfelt longings and let my heart be cleansed daily by my pure love for You

Breaking free from the constraints of karma

, whether mental or physical , conscious or unconscious , has a specific impact on a person's life Past actions are not only those performed days, months, or years ago , but also actions from past lives

You were dead, and He gave you life; then He will cause you to die, then He will give you life again; then to Him you will be returned

The good and bad effects of one's actions In his present life, these traces remain stored in the unconscious or subconscious , and the effects that a person carries (or that his soul carries) from previous incarnations lie dormant like seeds in the unconscious , awaiting the right circumstances To sprout and grow at a specific karmic time The law of karma, which balances things , involves action and reaction , cause and effect , sowing and reaping

Every person shapes their own destiny through their thoughts and actions, and the energies they unleash, whether wisely or foolishly, inevitably return to them as their starting point, just as a circle completes itself with perfect precision [The question is] must the willing seeker face—against their will—the inevitable consequences of their past actions, or what is called predestination? The answer is no God is law and love , and the seeker who turns to Him with sincere longing and complete faith, aligns their actions with divine law, and seeks God's unconditional love will undoubtedly receive the divine blessing that lightens heavy burdens and improves circumstances

God placed us in this world full of illusions, and He knows our suffering and the trials and tribulations we endure Human beings deepen the inner darkness of spiritual ignorance when they consider themselves drowning in sin and powerless to escape its depths It is better for them to strive to correct themselves, seeking help and compassion from the heart of divine mercy, hoping for forgiveness from the loving, compassionate, and forgiving God

When we realize our close connection with God, what karma can bind us? Don't let anyone convince you that your pain and difficulties are the result of your karma As a spirit in your essence, you have no karma Rather, you must realize this truth by affirming to yourself that you are one with

the essence of life, light, and cosmic forces If you realize this fact, you have nothing to fear , and God will open many doors for you and provide you with many opportunities

If you are uncomfortable with the way your life is going, change your mindset and charge your senses with positive energy and you will feel the difference yourself

There is no need for people to lament and grieve over what they have missed, or to attribute their unhappy circumstances to mistakes they made in this life or in the distant past, for this is a form of spiritual neglect They must act and uproot the weeds from the garden of life, and then the sweetest and most vibrant flowers will bloom and bear the most delicious and desirable fruits By His grace, the Most High

Submitting to God does not mean not using our will to improve our affairs and waiting for God to sort out our situations without any effort on our part, for God helps those who help themselves

The point is that we learn how to go to God to guide our will and bless and strengthen our right efforts When we overcome the obstacle of unwillingness to surrender, we find in God the protection that no one in this world can give us, and we also find a strength that no test can overcome

Everyone can establish a special relationship with God if they know how to open their heart to God and long for His divine presence, which brings joy and certainty

When a person feels a deep need for God, knowing they cannot do without Him, they will find that God responds in one way or another But they must first cultivate that strong feeling, because the response will not come spontaneously

If we do not give God the first place in our lives, our state of consciousness will be anxious and confused, and we will not be able to deal logically and properly with the endless demands of life

And what is the way to develop that desire? Every time we face misfortune or hardship , and every time we feel a heaviness in our hearts , we must turn to God and ask for His help , knowing that whoever loves God And he preserves it in his mind and heart His situation will improve His situation is changing for the better

When we stir and churn the ether With our heartfelt prayers and sincere appeals We will extract the essence of the divine response Which contains food, healing, and happiness

For those who crave spiritual nourishment , past frustrations and failures are irrelevant Lessons can be learned from them , and one can try again , repeating the attempt from the

beginning Success will be guaranteed, with God's help , for all who are not discouraged by failure , whose resolve is not weakened by tragedies , and who believe with unwavering faith That God supports those who persevere Those who are on the right path , and He provides them with hope, strength, and optimism , until they reach their ultimate goal And achieving the purpose of life

Thought is a force like electricity , and psychological states It goes back to thought and way of thinking

Electricity is both beneficial and harmful ; whoever uses it wisely puts it to their service Otherwise, it might electrocute him And so too thought If it is directed in the right paths It brings happiness to its owner , otherwise it brings him trouble

Thought is like a wild horse , yet taming it is not impossible , and positive thinking is one way to control thought

Sound thinking is a close friend And a sick mind is a constant enemy

Sound thinking attracts peace and safety , while unhealthy thinking fires deadly arrows that rebound upon their owner twofold Hence the saying, "The reward is of the same kind as the deed" As long as one sends out good intentions , his thoughts will turn into torches , illuminating the chambers of the soul and driving away the heaps

of darkness , so that he feels deep comfort , and his eyes shine with a smile of contentment! May the smile last in your eyes And peace be upon you

Life is like a mill that grinds The seeds of fruitful testing and experimentation , to make the bread of life It is like a winding road , with lush flowers on either side bright butterflies And trees with delicious fruits on their branches , yet we rarely stop Let us enjoy its sight and savor its sweetness ; indeed, we are often on tenterhooks To reach wider areas , we think there are more pleasant views than what we saw But as we gradually move away On flowery, fruitful paths , we find trees that are more dark than fresh , and then the flowers disappear And with it, butterflies and also fruits , only to find ourselves then in the barren desert

Human life is like the waters of the seas , which are purified and become fresh Only when you ascend to the upper atmosphere It is like a morning dream , growing brighter with age , because things then seem clearer and more distinct It is like a journey in that the scenery changes as we travel distances Then the same scenery changes as we get closer to it, and so on

Life does not disappoint the wise , for they deal with it skillfully and enjoy it Without allowing it to take control of them and deprive them of their freedom For example, they enjoy water They drink it and bathe in it, but they do not allow themselves to drown in it They enjoy the clothes they like

Without excessive adherence to formalities and formalities that are considered superficial They enjoy eating without allowing gluttony to consume them , because overeating weakens the body And it devours perceptions And he will destroy it utterly And so, a person should enjoy life But without exhausting the senses through immersion

getting along with others It does not mean agreeing with them on everything , or sacrificing ideals for their sake , because this style of conformity is undesirable and does not align with the truth The reformers and the great men did not agree With so many people around them , they nevertheless held fast to their ideal , because they realized that what they were doing That was absolutely right

First and foremost, one must be in harmony with God , then with one's conscience, and then with people

The principle should not be compromised And not resorting to ulterior motives to achieve a certain purpose , because that is not befitting of principled people

Who can live in a way that pleases God? Do not harm others, for they have nothing to fear If this approach does not satisfy others , it is enough for a person to be comfortable inside and feel a sense of inner peace that makes him independent of people’s approval

The strength and desire of the soul In turning to God It is called spiritual magnetism And with this magnetism The soul attracts blessings to itself and fine vibrations And all good human experiences Which reminds her of goodness and righteousness

spiritual magnetism It is the power by which It attracts and draws the person to itself Good friends And essential and important things And an intuitive understanding of things This power is derived From the attractive magnetic force of God

Candle of Peace

Take a mental pot Fill it with your peace

Take the bottle of my feelings Fill it with Your mercy

Take my empty soul basket Fill it with the fruits of your wisdom

Pour the waters of your love into my soul I will pour it into the cups of the thirsty soul

Tear down the walls of ego Immerse me in your total presence

The ray of dawn of love

Let him peer out from the openings of my heart

It reminds me of the sunlight of your love

Spreading across the sky of my life

The radiant light of your love has shone forth

Upon myself, and it was enlightened

Your light filled my spiritual space

You are the life that sustains my body

And the mind that inspires my thoughts

And the wisdom that dispels my ignorance

I light the slender candle of my love

To read the golden book

Preserved within me since ancient times

Your love was and still is

The invisible candle of peace

Which dispels the darkness and shows me your messages

The blog is on the pages of hearts

Let your glory be revealed, O Lord

May the light of your wisdom dispel

Ignorance, discord, and envy

From the shores of the earth forever

Turn our weakness into strength

And we weakened into resolve

Charge our bodies with vital electricity

And fill the mind and soul with your healing light

Take our hand so that we do not drown in the waters of heedlessness of You, and fill our being with Your love and wisdom Let us feel that we are very close to You and that the sun of Your mercy shines upon us constantly

I place the blossoms of my whispering, vibrant thoughts

In the structure of stillness

Her silent fragrance sings

And he sings of your glories

And with the radiance of your holy light

I see the beauty of your existence

My happy dreams come true

When your light flickers in my soul

The veils are ablaze with the fire of wisdom

I see your glory, and my joy increases

May God illuminate you with His light

And greetings from the soul to you

There are many demands and requirements that the world imposes on us and convinces us of their utmost importance and the impossibility of living without them or being able to do without

them But the basic requirement must be to obtain the peace of God, whose sources never dry up and whose wellspring never runs dry, and which gives everything in life taste and meaning

Let us remember that God is the essence of our being, and that love is the window through which we gaze upon His glorious countenance Whoever desires to feel the divine presence and nurtures that sublime longing in thought and deed, God will grant their request and help them tear down the veils that prevent them from beholding the blessed lights

Whoever is determined to move forward on the path will not be deterred by anything, nor will any obstacle hinder him until he reaches his goal and attains the desire of his heart

Spiritual Pearls and Gems

Those who expose the weaknesses of others and cause them embarrassment and resentment are far from wisdom and sound judgment We should despise the sin, not the sinner, for he is our brother in spirit, despite the darkness of ignorance that envelops and surrounds him The purpose of condemnation should be healing, not gloating and wounding We should treat our sinful brother as we would wish to be treated if we were in his place and situation

Whoever conceals the faults of his brother in this world, God will conceal his faults in the Hereafter

Just as we judge others, spiritual law judges us to the same degree We should not expect too much from others, nor should we always expect good results from anyone, even if they are doing their best

A person may fall and stumble, but he will remain safe as long as he does his best to climb the ladder of virtue and righteousness again

Every day we should try to lift the spirits of the patient physically, psychologically, or spiritually in our environment, just as we help ourselves or our family members

Whoever tries from today to live according to divine laws - instead of the old selfish life that brings hardship and misery - will find that no matter how humble the role he plays in life, it remains an important role as long as he performs his duty to the fullest extent according to the direction of the director of the cosmic play and the master of all our destinies: God Almighty

When we interact with others with genuine sincerity, true love, and consideration for feelings, we will bring good friends into our lives without personal interests or selfish calculations having the slightest consideration; otherwise, we will not be able to recognize our true friends

It is necessary to get rid of hypocrisy and pretense, and to act in a way that does not intentionally harm others

Friends should not be angered, belittled, or antagonized, nor should they be given any reason to harbor unfriendly feelings toward us Friends should not be mistreated, exploited, or given unsolicited advice unless asked for it When advice is requested, it should be given sincerely and kindly, without fear of repercussions Friends help each other through constructive, brotherly criticism

Difficult life experiences don't come to paralyze our will and defeat us, but rather to sharpen our resolve and strengthen our faith in God and our self-confidence Some people mistakenly believe that these experiences and challenges are insurmountable destructive forces, and so they give up A healthy mindset is essential to activating our inner strength to effectively deal with life and its trials

If a person doesn't compete with someone stronger than themselves, they won't become strong Similarly, when we face our difficulties with courage and mental fortitude, we become stronger and more resilient

Our minds are an integral part of God's all-encompassing consciousness Beneath the wave of our consciousness lies the ocean of His infinite awareness When the wave forgets that it is part of the greater ocean, it separates itself from that oceanic power As a result, people's minds become weakened by material limitations and are no longer capable of fruitful work and abundant production When minds shake off the dust of ignorance and

break the chains that bind their powers, they will become more capable of creativity and positive interaction with life

When you hold fast to a particular idea and imbue it with strong will, that idea transforms into a dynamic force And when thought becomes dynamic, it can create the right environment for success, according to the unseen map drawn in the mind

People fail because they give in to harsh life circumstances without resisting them, instead of resisting them without giving in

It is necessary to exercise and activate willpower

Those who enter the sanctuary of tranquility can communicate spiritually with other souls who love God, and they can understand the language of roses and all living beings

O Lord, be the sole King enthroned upon my love and longing

Those who meditate experience a profound sense of peace, and this inner tranquility should be maintained even in the company of others What one learns in meditation should be practiced in daily activities and interactions with others, without allowing anyone to disturb one's peace or tranquility

When you want to create a good habit or eliminate a bad habit, focus on the brain cells where the mechanisms of different habits are located

To establish a good habit, first sit quietly and meditate, seeking divine help Focus your mind on the center of willpower, located in the forehead between your eyebrows, and firmly affirm the habit you wish to instill in your brain When you want to eliminate bad habits, also concentrate your attention on this center of willpower and firmly affirm that all the grooves where those habits are entrenched are being erased With focus and willpower, you can erase even the deepest grooves of deeply rooted, old habits Reassure yourself repeatedly that you have enough willpower to uproot unhealthy habits from the brain region

The most appropriate time for such an affirmation is early morning when the will and attention are alert

Keep affirming to yourself that you are free from all dictates and one day you will find that - With God 's help - you have already freed yourself from the habit you wanted to get rid of

Whatever you fear, banish your thoughts from it and leave it to God Strengthen your faith in God and trust that He is able to help you

Much suffering stems from worry and anxiety Why should you suffer when what you fear hasn't

even happened yet? Imagine God's protective light surrounding you on all sides, and you will feel His wondrous protection

Since most of our anxieties stem from fear, if we eliminate fear from our lives, we will feel free and healing will be immediate Every night, right before going to sleep, affirm to yourself that God is with you, protecting and watching over you

In this cosmic drama, humans of all races enact the story of life on the stage of time We must understand the meaning of life without becoming overly preoccupied with or over-obsessed with our fleeting roles

Our perception of life is often distorted and deviant because we look with the eyes of selfishness and limited horizons If we looked with the eye of the soul, we would see things from a completely different perspective

When we open the eye of wisdom, we see the all-encompassing light of God, and in that light we perceive our spiritual nature, which is a reflection of the nature of the universal consciousness that permeates all the particles and parts of the universe

Spiritual truths surround us, knocking on the doors of our closed eyes, urging us to see the light instead of darkness, to act with wisdom rather than ignorance, to fill our hearts with love rather than hatred, and to cooperate in establishing peace and

bringing abundance and security to our world When we do that, ignorance will vanish, situational differences will disappear, we will see unity in the census, and we will become more in harmony with the divine will

Our relationship with God is not a cold or loveless one, like that between an employer and an employee We are His family, His care for us is constant, and He listens to us always We are an integral part of His being, and our relationship with Him is alive and vibrant

Our Creator has endowed us with an inexhaustible wealth of love, understanding, insight, goodwill, and spiritual strength, yet most of us have squandered this wealth on nothing God desires us to live in security, peace, and friendly cooperation, as befits a noble and loving family, but greed and selfish calculations have taken root in our hearts and sown discord among us

God wants us to be masters, but we have chosen to be slaves

Man has strayed far from his heavenly home and lost the inner paradise of feeling close to God and God close to him, and he will not be able to regain that paradise without personal effort

God created us in His image, but this truth has escaped our minds We have succumbed to the illusion that our destiny is hardship and our fate is annihilation We must tear away the veil of illusion

with the dagger of wisdom to see the radiant truth behind it

Who are we and what is our true nature?

Humans have obvious differences, whether in their psychological or emotional makeup, the roles they play in life, the work and activities they pursue, or the desires they feel But beneath all these differences lie two things that every human being wants and needs without exception One is freedom from all forms of pain and want The other is complete and lasting happiness—complete contentment, where peace, love, wisdom, and joy reside

In truth, what humans strive to attain is God, whether they use that name or not The wise say that God is the essence of bliss and the spirit of happiness And one will not experience complete contentment unless one draws directly from the cosmic source This is a pivotal point for understanding the human condition

But where do people look for what they seek?

They seek it only in worldly things: in possessions, external circumstances, and relationships with other people But it is impossible to find it in anything, anyone, or any circumstance in this world, given the very nature of creation

Creation is based on the principle of duality It is impossible to have a picture in only one color, as there is no way to do without its opposite Similarly,

it is impossible for any aspect of existence to exist in isolation from duality However, upon examining the desires that motivate people, we find that each of us desires only good, pleasant, beautiful, and positive things, without the slightest desire to deal with anything unpleasant or undesirable But that is impossible

In this dualistic world, there is no pleasure without pain, no light without darkness, no good without evil, no life without death The two sides of the coin are inseparable This means that what we yearn for deep within ourselves cannot be obtained from this world

People search—yes, they search with all their might—but they are unable to find what they seek, which breeds despair and hopelessness This leads not only to despair but also to great resentment and intense anger, and consequently to acts of violence All of this happens because they are not looking for what they seek in the right place, and as a result, they do not find what their hearts desire

People in our time do not know much about the meaning and purpose of life, and therefore they suffer from confusion and bewilderment

By nature, humans are purpose-driven beings If they lack a purpose in life, and if their minds, energies, will, and emotions are not directed in a positive and constructive way, they will turn to destructive paths such as alcohol and drug abuse,

resorting to violence, and so on The ultimate goal of life is knowing God and it is incumbent upon individuals to harmonize their roles and external activities through righteous actions, sound perspectives, positive attitudes, and the beneficial channeling of their emotions

These two aspects of our nature—the inner or spiritual aspect and the outer aspect—are not contradictory if understood correctly Rather, they support each other and help us develop and enhance our physical, psychological, emotional, and spiritual capabilities and potential

People live in a great void, devoid of intellectual stimulation or psychological stimulation They feel bored due to a lack of purpose and the absence of anything that could give their lives value and meaning The average person may be able to function and behave as if they were psychologically and mentally sound, but are they happy?

The primary purpose of life is to know who we are and what our true nature is If we give the deeper aspects of life the attention they deserve, we will inevitably feel happiness, because human happiness is linked to connecting with one's spiritual self, without which one has no existence or being

The fear of failure or illness is nurtured by constant thinking about it until the idea of failure seeps from the conscious mind into the

subconscious and eventually reaches the higher consciousness Then, the fear, entrenched in the subconscious and higher consciousness, begins to multiply and grow until it fills the conscious mind with weeds of fear that are not as easily eradicated as the initial thought when it sprouts These harmful weeds eventually bear poisonous and deadly fruit Fortunately, its roots can be eradicated from within by focusing strongly on courage and instilling in the awareness of absolute faith in God and that He is able to help those who wish to help themselves and protect them from harm

Once upon a time, a small bubble was floating on the surface of the sea , wary of storms and lightning , when she heard a voice whispering to her : “Little bubble of life, what is wrong with you?”

Don't you know that you are part of the ocean of life? The little bubble looked around and realized that fact

Human consciousness floats like a tiny bubble On the surface of the sea of cosmic consciousness , thinking it a temporary bubble , trembling with fear of sickness, poverty, and death Oh bubble, do you fear the ocean ? Look around you observe carefully Shift your perspective from your immediate surroundings to God's infinite realm Delve deeper, broaden your understanding , so that you may know and be certain That you are one with His vast sea , and that God is with you He protects you , he sustains you , now and forever

Avoiding traps and snares

Whenever you feel a strong desire in your heart urging you to fulfill it, use discernment and ask yourself, "Is this a good desire that can be fulfilled, or a bad desire that should not be honored?" Unhealthy material desires encourage our bad habits by giving us false hopes and illusory happiness In such cases, the power of discernment must be invoked to reveal the truth Bad habits ultimately lead to unhappiness When their true nature is exposed, they become powerless to ensnare a person in the traps of suffering and the snares of misery

Reflections and stories

In life and in death, in sorrows and calamities, my faith in You, O Lord, remains strong and unwavering, firm and unshaken

Every breath of my longing and supplication opens doors and windows in my soul through which I pass to God’s bliss

Just as the sun shines on the most crowded places, so I will see the rays of divine love in all areas of my life and daily activities

Bless me, O Lord, so that I may awaken my soul with the dawn and bring it to Your blessed threshold

The story of the musk deer

Musk is a precious substance with a strong fragrance, found in the navel of the musk deer that lives in the high Himalayas

Once the deer reaches a certain age, the captivating musk begins to seep secretly from its navel, and the deer becomes agitated by that attractive fragrance and begins to dance and search for the source of that pleasant scent

It moves from place to place, sniffing between rocks and under trees, searching everywhere for the source of that exciting scent

Finally, he becomes angry and more agitated and anxious when he is at a loss for words and is unable to find what he is looking for with longing and passion

In a final attempt to reach the source of the musk, it jumps from the towering rocky cliffs into the deep valley to face its fate and meet its death, at which point the hunters are able to catch it and extract the musk sac or gland from it

In this regard, one of the enlightened poets recited something to the effect of:

O musk deer, you fool!

Why are you suffering? Why are you sleepless?

This musk is available

With your belly sack, you fool!

Even if you touched with your nose

From you comes the secret fragrance

You would have won what you hoped for

And you lived without spending

Don't you think, my friends, that most people behave like musk deer? They are always and forever looking for happiness everywhere outside of themselves

Yes, they seek happiness in play, and indulging themselves to exhaustion in desires and cravings They climb the slippery paths of wealth until they ultimately jump from the cliffs of high hopes to the rocks of frustration and failure when they are unable to find the true happiness stored in the deepest recesses of their souls

If we turn our thoughts inward, and reflect deeply, we will find in the tranquility of the soul the source of true and lasting happiness that we seek

We must not be like the musk deer, perishing in the search for happiness in the wrong places Rather, we must be vigilant and try to find happiness within ourselves, not outside of ourselves

The Story of the Button

Once a man came to me and said that he suffered from a chronic heart condition, and added:

"I have tried many things, but I am unable to get rid of the heartache"

After thinking calmly, I asked him to bring me scissors He looked at me tremblingly and said:

"Do you intend to cut open my heart, sir?"

I laughed and replied, "I am not a doctor Have you ever heard of a person using scissors to perform surgery?!"

Finally, he reluctantly brought scissors, so I cut off one of the buttons on his coat and told him not to sew another button in its place, and not to put his hand on the spot where the button was missing I also told him to come back to me after two weeks, and I expected that he would recover during that time

The man laughed and said, "I will do as you asked because I trust you, but I think it is the strangest medicine I have ever been prescribed!"

Two weeks later he came running to me and said, astonished:

"The specialists assured me that I was cured of heart disease So, for God's sake, what did you do? Did you pull a genie out of a button?"

I replied with a smile: "Yes! Your hand was constantly playing with the button, and the button was aligned with the heart"

That button was the genie that was causing your heart pain So I cut the button and told you not to replace it or put your hand on your heart That

way, your heart was relieved of the pressure and stopped hurting you!

Everything is moving quickly, and people are busy with many things Naturally, it's better to reap the world's bounty than to waste time, letting the season pass you by and ending up empty-handed But what one should reap is life's richest harvest: drawing closer to God and getting to know Him The only way to achieve true happiness is to accomplish something in this world and also to achieve spiritual success

Those who know God do not begin their daily duties before first meditating on God and charging their minds and bodies with blessed divine energy

The world's many demands can deter those seeking their spiritual goals and divert them from their chosen path But those with unwavering resolve do not allow anything to push them off course; they persevere with determination regardless of difficult or adverse circumstances

No matter what the world gives us, it will not satisfy the longing of our hearts, which yearn for something more stable, greater in importance, and more precious than all that the world's treasures and riches contain

When a person dies—may you live long—no power on earth can do anything for them Who can help us after we leave this world? God Therefore, we must always remember that this world is

merely a temporary stop on our journey to our heavenly home, where we will live forever in the presence of the Most Merciful

Excessive wealth does not guarantee health, peace, and effectiveness, but attaining peace and effectiveness will lead to balanced success on both spiritual and material levels

Most people develop mental efficiency solely to achieve material success But when a person becomes master of himself and manages his psychological powers and acts in accordance with the divine plan, his life will be blessed, and he will taste the nectar of the spirit while on this earth He will no longer be a prisoner of habits and desires, but his consciousness will be transformed into the heart of the divine presence, and he will dwell there enjoying renewed pleasures that defy description

The body is the greatest pharmacy

Medical researchers have discovered that when we experience overwhelming joy, the body produces antidepressants and other stress-reducing substances that are just as potent and effective as those prescribed by doctors The body is the greatest pharmacy on Earth, capable of producing the right thing at the right time when we are in harmony with the spiritual balance God has placed within us

Not all stress is harmful; stress awakens the vital energy flowing through our bodies and stimulates activity and movement Studies have shown that a reasonable amount of stress is beneficial

But the problem arises when stress exceeds a healthy level

Each of us has a personal limit to stress, and when that limit is exceeded, we become more stressed than we should be, and we may not be aware of it until problems begin to appear in the body, emotions, and mind

Life with God is joy and happiness, while without God there is anxiety, turmoil, hardship, and even disaster So how can we find peace and tranquility in a life dominated by calamities and tragedies, and bring some bliss to this earth?

The first requirement is to be aware of life's pressures when we are under their influence

God is All-Wise and All-Knowing, and He has endowed our bodies with signals such as comfort, discomfort, tranquility, and anxiety, and we must pay attention to these signals There is a divine intelligence within our bodies that tries to tell us something, and we must listen to these messages during times of stress or rest When you feel stressed, focus your mind on the part of your body that is experiencing stress, then take a deep breath and, at the same time, gently tense that

part until it vibrates Then relax and release the tension This will help maintain energetic and vital balance in the body and protect it from the harmful effects of stress

We can also manage emotional stress through breathing When you feel fear or any other harmful emotion, breathe in and out slowly, deeply, and rhythmically several times, allowing your body to relax with each exhale This will help slow your racing heartbeat, restore normal blood circulation, facilitate the flow of vital energy through your nerves, and help calm your mind and clear your thoughts

Life is not an emergency situation; it is a beautiful divine expression, and we should enjoy it Let us remember that a smile is a power; if we don't use it, we lose an important aspect of life

Humans are souls with emotions and feelings, and they have a body they wear like a garment or outer coat But as long as we live solely on the level of the body and emotions, we will fall under the negative influence of stress and tension

When we are in harmony with our essential nature, which is the spirit, the joy of the spirit flows into the heart and transforms into love Feeling this love, connected to the peace and tranquility of the soul, and acting and interacting under its harmonious influence, is the most suitable way to live naturally in a world teeming with tensions and

contradictions Harmonizing with this joy is the solution to life's problems

Note: Regarding the statement: "The body produces an antidepressant and other substances that reduce stress and tension, no less potent and effective than those prescribed by doctors," this is not advice to dispense with medical advice and prescriptions, hence the need for clarification

Magnetic equations

A person with a strong presence and evil tendencies + a kind-hearted but weak-willed person = evil magnetism prevails over kindness

A weak-willed person with evil tendencies + a strong-willed person with good tendencies = the good magnetism overcomes the evil one

Weak spiritual magnetism + evil biomagnetism = strong evil magnetism

Strong moral strength + weak moral strength = greater moral strength

A person who is angry and violent + a person who is gentle and kind = the magnetism of anger prevails over gentleness

Strong, balanced, and calm temperament + temperament that sometimes tends towards discontent = the magnetism of calmness prevails

Chronic ingrained failure + less ingrained failure = strong failure magnetism

Strong positive success + less positive success = enhanced success

Strong failure vibration + strong success vibration = either strong failure magnetism or strong success magnetism, depending on the environment and conditions

A strong, sound mind + complete ignorance = either shrewdness and skill or ignorance and stupidity

Outstanding spiritual power + outstanding practical power = Spiritual magnetism - a truly outstanding practical power

If people could see the multitudes of planetary beings in the ether surrounding them, perhaps some would try to find their departed loved ones God has opened my spiritual eyes, and I see many of those souls who have left the earthly realm By focusing deeply on the spiritual eye (the center of the forehead), one can see with inner vision the radiant world inhabited by all the good souls who have ascended to the etheric plane to the presence of the Most Merciful

In humans, the heart acts as a wireless receiver and the spiritual eye as a transmitter Even if you cannot see your departed loved ones, if you calmly focus your feelings on the heart, you can feel the presence of those dear to you who now live in ethereal bodies, enjoying God's peace and security and rejoicing in their freedom from the

constraints of the body, so you find comfort in their peace and your heart is reassured about them

When I utter the name of God, my entire being melts into supreme joy But this state only came to me after great effort At first, I was not one for yearning, for my mind was then adrift But now, as soon as I focus my thoughts and awareness on the spiritual center—the space between the eyebrows—all thoughts vanish, breathing ceases of its own accord, the heart stops beating, the turmoil of the mind subsides, and states of being descend upon the soul, so that I experience spiritual ecstasy and am enveloped in divine bliss

Golden sayings

Happiness is my right, my inheritance, and my hidden divine treasure Guide me to find within myself the treasures that surpass the dreams of kings

* * *

Life is an intelligent movement with a regular rhythm It shapes itself in inanimate objects, or takes on a living and moving form Life is all-encompassing and permeates everything

* * *

O Greatest Lover, You are life You are my goal and my aspiration

* * *

Make me a blooming rose in your heavenly garden, or a sparkling bead in your radiant love necklace, or give me the greatest honor: the smallest place in your heart

* * *

Wherever others appreciate my efforts in doing good, that is where I can provide the greatest service

* * *

Let us weave a golden carpet of dreams with silken threads of sweet memories and refined thoughts

* * *

Love is like sandpaper that polishes the mind and removes roughness from character

* * *

Pandemics, calamities, and violent changes in nature that bring devastation, destruction, and widespread harm are not "divine decrees" These disasters stem from human thoughts and actions Wherever the world's delicate balance of good and evil is disrupted by the accumulation of harmful waves and vibrations caused by human ill intentions and wrongdoings, chaos reigns and widespread destruction ensues

* * *

I will take the best from every people, and I will appreciate the good qualities of all nationalities without focusing on their flaws

* * *

Just as we care about the nutritional value of our daily food, we should also pay attention to the psychological nutrients we provide to our minds every day

* * *

Kind words are a wondrous remedy for many ailments, possessing a powerful, almost magical, magnetic force that brings abundant blessings and prosperity to their speaker Those who use soothing, gentle words feel a subtle current flowing through them without interruption, their being filled with a profound sense of tranquility This is because this current is connected to its higher source, a constant flow that reaches souls in harmony with that source, enabling them to transmit happiness to those yearning for peace

* * *

How many kind words from the heart have dispelled many sorrows and how many wise voices have illuminated dark paths with lamps of joy and tranquility!

* * *

We grow through every experience we go through, as long as we realize we can learn valuable lessons from them For every pain and suffering we experience has meaning and purpose

* * *

Despite the harshness of the experiments, they are like fire that melts iron ore to turn it into beautiful, durable, and versatile steel

* * *

All the remarkable achievements in my life have been accomplished through the power of a mind in harmony with God When the divine generator is running, everything I desire comes to fruition without exception, first taking shape as an

invisible, ethereal design and then manifesting with irresistible force in reality

* * *

When the mind whispers to God a heartfelt, fervent whisper from the depths of a yearning soul, the spirit's call will touch the universal heart, and the answer will come, bringing with it immense joy This intellectual whisper cultivates the will until it possesses the strength necessary to achieve the desired goal

* * *

When a person’s mind and will are in harmony with God, they are charged with limitless power, so that merely thinking about something is enough to achieve it, because divine law works in favor of those who are in harmony with the supreme will

* * *

A person should not devote all the intellectual faculties God has bestowed upon them to the pursuit of fleeting things , lest they lose themselves in the labyrinth of materialism and create unnecessary limitations and constraints for themselves Instead, they should use their intellectual powers to acquire the necessities of life and strive to develop their moral faculties in order to distinguish between right and wrong, and between what is harmful and what is beneficial

* * *

The truth lies beyond opinions and theories, and many who adopt this approach become bound by their own subjective conclusions

* * *

Open, O Lord, the gates of tranquility and guard the sanctuary of my spiritual thoughts from the attacks of evil whispers And let the roses of my longings bloom in the garden of my heart as I await the dawn of Your coming

* * *

Theoretical knowledge cannot acquire divine knowledge, and it is advisable not to spend one's precious time on theories that cannot be applied in reality, otherwise one will find oneself in the midst of dense intellectual jungles and unable to transcend the realm of theories

* * *

Happiness is the fruit of psychological victory over the volatile circumstances of life

* * *

He whom God recognizes may be unknown to the world

* * *

If a person programs himself with theoretical knowledge [without actual testing], he will become like a portable recording device that repeats proverbs and echoes lofty phrases, and others will consider him a learned scholar, but such knowledge is not reinforced by a direct perception of the truth, nor is it matched by spiritual attainment

* * *

Problems will persist in the world, so where can one turn for guidance and direction? One's thoughts, influenced by habits, prejudices, biases, and fanaticism, are of no use, and the influences of

one's environment, family, country, or world are incapable of providing true guidance Therefore, one must turn to God and listen to the calm, serene voice emanating from the depths of the soul, a voice in harmony with truth

* * *

Open your hearts to the divine outpouring so that it may flow through you and fill your lives with spiritual blessings and goodness

* * *

Whatever work you do and whatever achievements you can accomplish, always remember that God is the source that provides you with all the strength you need to work and achieve

* * *

Let me remember you, Lord, in poverty and in prosperity, in sickness and in health, in ignorance and in wisdom, and let me see your blessed light that grants wellness and healing in an instant

* * *

In the solitude of my thoughts, I long to hear your blessed voice Banish from me the harsh, earthly voices hidden in the folds of my memory I want to listen to your serene, melodious voice forever in the tranquility of my soul

* * *

Life is shrouded in darkness, and sometimes we stumble and hesitate to move forward We must let God's light be our guiding lamp as we walk through life's dark paths He is the full moon in the nights of ignorance and darkness, the sun of radiance in the hours of awakening, the beacon of

guidance, and the guiding star for those traversing the seas of earthly, fleeting existence

* * *

It is time for man to awaken his consciousness from the slumber of forgetfulness to the awakening of the spirit

* * *

We ask you, Lord, to raise our awareness from the depths of ignorance and narrow, limited thoughts to the horizons of peace, light, love, and universal human compassion

* * *

Things will eventually get better because God's powers and wonders are hidden behind the contradictions of human life, and whoever is not convinced of the inevitability of the situation and tries to penetrate with his mind and faith to what is beyond the veil will have the door opened for him that is [knocked upon by every believing hand]

* * *

Faith never means being reckless or not dealing wisely with circumstances Rather, regardless of what happens, a person must assure himself that God alone is able to support him in difficult and stressful circumstances if he turns to Him with all his heart, soul, and feelings

* * *

If our senses conveyed the whole truth to us, we would see the Earth as rivers of electrons, and we would see every particle of dust as a rolling mass of light

* * *

Those who penetrate with their insight from matter to spirit understand the nature of illusion and know the essence of truth

* * *

Whether a person is in the jungles of Africa, on a battlefield, suffering from illness or poverty, he must convince himself that God’s hand is stronger than danger and capable of protecting those who seek refuge in Him

There is no more effective way to protect oneself Of course, one must use logic in dealing with events and at the same time have complete faith in divine help

* * *

The love that dwells in the hearts of all creatures—the love of all mothers, fathers, friends, and loved ones—is derived from divine love

* * *

A distinction must be made between major and minor duties, prioritizing the most important over the merely important Furthermore, no duty should contradict another The scriptures tell us that when one duty conflicts with another, it is evidence that it is not a true duty

* * *

As the sun's vital rays spread, I will spread rays of hope into the hearts of the poor and the abandoned [those whom society has forsaken], and I will instill new determination in the hearts of those who think they are failures

* * *

The teacher Paramahansa said to one of his disciples: "Don't exclude anyone from your circle of love Keep everyone in your heart and they will keep you in theirs"

* * *

Lord, help me to always use my will to accomplish beneficial and good deeds

Help me to conform to Your will so that all my thoughts respond to Your purposes and are in harmony with Your will

He helped me awaken the hidden, blessed power within me so that I could overcome all difficulties and trials

* * *

Wake up to that bold and humble spiritual personality – one that combines the strength of lions with the gentleness of doves

* * *

I will not be bothered by bitter, false criticism, nor by lavish praise and flattery My only wish is to do Your will, O Lord, and gain Your favor

* * *

You cannot imagine the overwhelming joy that will fill you when you feel the divine presence Your soul will then be intoxicated by God's boundless love It is a love that surpasses any human love millions of times over—a love that fulfills all your desires and fills your heart with joy and contentment

* * *

Through inner focus, you can directly experience spiritual bliss within yourself and

around you If you cultivate this awareness, your personality will grow harmoniously, and you will acquire an attractive magnetism for people and other beings

* * *

O Great Protector, I do not care if I lose everything because of my destiny, which is of my own making, but I ask you, my only refuge, to protect the candle of my love for you from the winds of heedlessness and forgetfulness

* * *

Let us drink to our fill of the pure, refreshing waters of peace flowing from the springs of favorable circumstances, enhanced by our firm resolve to think positively and have an optimistic outlook

* * *

Conscience is an intuitive sense that reveals a person's true nature and motives When your conscience is clear, and you know you are doing what is right, you have nothing to fear A clear conscience is a testament to good conduct from God Being acquitted in the court of conscience means possessing happiness and receiving God's blessings

* * *

Try doing bold and pleasing things that most people don't do, and give love and peace to those whom others overlook

* * *

The teacher Paramahansa said to one of his disciples:

"If you do not spend time cultivating the mind, no amount of material prosperity will satisfy you This cultivation is not torture but rather training of consciousness to nourish the thoughts and actions that lead to happiness"

Your happiness is your success, so don't let anyone steal it from you Protect yourself from those who try to bother you When I was a boy, I used to lose my patience whenever some people spread false rumors about me Later, I realized that my peace of mind is more important than people's approval or admiration

* * *

If only you knew the story of divine love that some devotees experience with God! No other experience in life can compare to that joy I knew a saint who was constantly absorbed in the love of God, and his face radiated holy love God's eye is always on those who love Him, and He never abandons them for a single moment

* * *

Few are those who are interested in developing their mental and spiritual powers

* * *

Do not allow yourself to sink to the bottom of procrastination Rise from the slumber of boring ordinary reality and set off towards the horizons of a refined life where there is achievement, joy, and peace

* * *

Within you lie tremendous potential waiting to be invested, and you are the only one capable of activating and benefiting from it

* * *

Freedom from the dictates of bad habits and unhealthy passions brings much greater happiness than material success

Literary success brings a psychological happiness that external circumstances cannot take away from you

* * *

You can spend all your time accumulating money, but that money won't give you the lasting peace and security you seek On the contrary, it will bring you more unhappiness because happiness and peace reside in the mind, not in things themselves

* * *

Do not allow weakness to seep into your mind, and be cautious when associating with people who have negative thoughts and a pessimistic outlook, lest their weak thoughts seep into your mind, unless your mind has reached a degree of strength such that the thoughts of others cannot weaken it, but rather, on the contrary, it is able to strengthen the thoughts of others and enhance their self-confidence

* * *

God comes first, and we should not begin or end our day without thinking of Him We must remember that without the strength and energy we receive from God, we would not be able to

accomplish any of our tasks This is our greatest duty towards Him

* * *

There is a way to evaluate and judge customs and traditions Initially, every tradition had a justification If we find that justification still holds true, then the tradition has meaning and benefit However, it is unwise to follow traditions blindly We must know what is right and follow it, discerning what can bring us happiness and then applying it

* * *

When you see so many people lacking happiness or success, don't assume that's their destiny You can make yourself whatever you want to be Your inner success is what truly makes you successful

* * *

If you have nothing within yourself, you will not be happy But if you have nothing around you and are happy within yourself, you are undoubtedly successful Thus, it is impossible to judge people based on their external circumstances

* * *

Among the vast crowds, there may be a person who has reached a state of spiritual elevation and enjoys inner peace and supreme spiritual happiness

* * *

I know for certain that everything I need will come to me, and therefore I do not worry about what the future holds This is not boasting or

pretense, for I have experienced the work and effectiveness of that blessed power in my life many times

* * *

Whether I'm floating on the surface of life or drowning in the depths of the sea, I know that I am with God and He is with me, and that nothing can harm me That knowledge has given me an indescribable and profound happiness

* * *

There's no doubt that buying something new is a pleasurable experience But after a while, that joyful feeling gradually fades, and you might even lose interest in it altogether, forgetting about it and desiring something else However, the bill for that item won't be forgotten, especially if you bought it on installment!

* * *

A person should take control of their life and simplify it as much as possible They should save some money for necessities and emergencies, prioritize saving over spending on luxuries, and help others to the best of their ability When you help others, help will come to you in one way or another, and you will lack nothing and be deprived of nothing

* * *

In the joy of all hearts, I hear the echo of Your bliss, O Lord, and in the friendship of all the faithful, I feel Your love I rejoice and my heart is gladdened by the success and prosperity of my

friends, just as I rejoice in my own well-being and ease As I inspire wisdom in others, I multiply the treasures of my own wisdom, and in the happiness of all, I find my own

* * *

The greatest enemy of happiness is borrowing money to buy luxuries People mistakenly believe they cannot be happy unless they acquire something specific But even after acquiring that thing, they will not experience true happiness, despite the temporary joy it brings What is the point of chasing after the mirage of earthly happiness that promises only to break? People should live simply, without needing numerous possessions that require constant attention

* * *

My paradise is within me As I enjoy God's blessings, I thank Him, and my inner joy grows Without that inner contentment, even earthly pleasures and joys become hell I have come to realize that without that inner joy, the burden of responsibilities placed upon me would have robbed me of my peace and deprived me of my happiness

* * *

If wealth is coupled with illness and problems, the consequences will be numerous Hygiene and healthcare are among the West's strengths Harmful insects and deadly germs are effectively controlled in developed countries, while they are abundant in others But eliminating these pests is not the pinnacle of achievement, because other kinds of afflictions exist in developed countries,

such as difficult-to-pay bills and suffocating financial crises due to installment buying systems —afflictions that disturb sleep and undermine peace of mind

* * *

We are an integral part of the same consciousness from which this great universe emerged

* * *

Have you ever seen a flock of sheep? If one of them jumps, the rest of the flock imitates it without hesitation Most people are like that Someone might come up with an idea or introduce a new trend, and others will immediately jump on the bandwagon and copy it This pattern has persisted for generations Every nation has its customs and traditions, and we can't claim that all of them are correct or sound But who knows? Perhaps some of those customs and traditions are meaningless and pointless

* * *

When the turbulent storm of thoughts subsides, we enter the kingdom of peace and touch the divine presence

* * *

Think of God, or a beautiful landscape that inspires peace, or a joyful and delightful experience Positive, calm mental activity is invigorating and refreshing

* * *

We live in a chaotic and turbulent world You might think money means happiness, but when

you acquire it, you find you're still unhappy You might acquire wealth and—God forbid—lose your health Or you might have good health and lose your money Or you might have both wealth and health but suffer numerous problems with others, offering kindness only to be met with resentment and hatred in return Without God, nothing in this life can truly satisfy you

* * *

The earth becomes a torture chamber for those who live in ignorance of the divine plan But when you view life's experiences as your teachers and learn from them the true nature of this world and your assigned role in the cosmic drama, those experiences become valuable illuminations on the path to lasting contentment and happiness

* * *

There, beyond the undarkened gloom, the soundless stillness, and the uncreated nothingness, lies the eternal essence, which is the origin of existence and the source of all powers and beings, visible and invisible

* * *

God did not create this earth for us merely to eat, sleep, and die, but so that we might know His will and understand the purpose of our existence A handful of wise people have grasped the meaning of the cosmic plan, but most people are blind and unaware of that purpose

* * *

Money was never my goal in life; my goal was to serve my brothers and sisters in humanity

Therefore, God opened many doors of opportunity for me to support myself and fulfill my mission

* * *

God created this universe to operate according to a fixed and unchanging law If we violate any of these universal laws, we punish ourselves Someone who jumps from the roof of a tall building will break their bones Therefore, we cannot ignore the law of gravity without suffering the consequences

* * *

When we take a deep look at the world’s civilizations and explore the hidden secrets of ancient civilizations, a large picture emerges, with intertwined lines, diverse chapters, and precise details, and we find that man is both individual and social in nature at the same time

* * *

If God wanted us to live only in material consciousness, we would be completely satisfied with material things and content with worldly ways

* * *

Rays of purity, peace, and happiness beyond dreams flicker and dance in our essential depths

* * *

With each experience that appears in the sky of our lives during this earthly journey of ours, we must learn how to broaden our awareness and how to be more understanding of the circumstances that surround us or that we go through, and then we will be able to live in better harmony and deal more smoothly and safely with people and life

* * *

Most people imitate others A person should be original and creative, and master everything they do

In the East, the primary focus has been on cultivating spiritual happiness, while the material aspects of life have often been neglected In the West, there are some material comforts but very little psychological happiness What is needed is a balance between the two, because focusing on only one aspect of life leads to imbalance and an inability to deal rationally with life's demands

* * *

The greatest happiness - after divine happiness - is for a person to be at peace with his immediate relatives with whom he has to live every day of the year

* * *

People waste a lot of time rushing and acting impulsively without accomplishing much Few pause to reflect and try to understand what life has to offer

* * *

We must work to construct inner edifices of wisdom in gardens of peace that flourish and shine with countless flowers of wonderful spiritual virtues

* * *

Inner harmony is a rich source of strength and generates renewable energy

* * *

Looking at life, one finds that success is not easy Life is often harsh and unforgiving, and we must struggle to earn a living Think of the effort required to sustain your body and keep it healthy and free from illness! Even if you succeed in this, that success is temporary The body—may you live long—will eventually be laid to rest Necessity dictates battling numerous forces, both internal and external, to achieve the desired success These forces work tirelessly to rob you of any truly significant accomplishments

* * *

Try to remain calm under all circumstances, and let the seed of your peace bloom with cheerfulness and smiles of contentment

* * *

Even the greatest saints do not attain complete salvation unless they share their success with others, that is, their spiritual experiences and higher knowledge, by helping them attain holy knowledge

* * *

For this reason, those who reach those stages and attain those states are keen to offer understanding to those who need it If you wish to achieve true success, you will not only ensure your own personal happiness but also the happiness of others

* * *

Anyone with intelligence can make money But if they have love in their heart, they will never use that money for selfish purposes; rather, they will

share it with others Money is a curse and a misfortune in the hands of the selfish and the miserly, and a blessing and a gift in the hands of those with kind hearts and generous souls

* * *

Someone might choose to remain silent for an extended period, refusing to speak to their family members during that time While this person might achieve some inner peace as a result, their behavior is selfish and detrimental to their family's happiness They cannot be considered truly successful unless their loved ones also benefit from their achievement

* * *

Similarly, achieving material success is not only our right to enjoy well-being on our own, but also our moral responsibility towards others in terms of helping them improve their material conditions and living circumstances

* * *

I am protected behind the walls of my clear conscience I have burned away the dark past and I am only concerned with today

* * *

Today I realize that I am one with the light of the greatest good and that I am a beacon for those who struggle against the waves of the sea of sorrows

* * *

People have different views and theories about success, depending on their ambitions in life It's not uncommon to hear some people equate

success with theft, saying things like, "He was a successful thief!" This underscores that success in all its forms and varieties is desirable and sought after However, our success should not harm others

* * *

There is also another criterion for success: when we are able to bring about harmonious and beneficial results for ourselves, we should also include others in our success and share its fruits with them

* * *

Success means a person's contentment and satisfaction within their environment True success is the result of actions founded on principles of righteousness, and it encompasses the happiness and well-being of others as an integral part of one's own happiness If we apply this principle to our material, intellectual, moral, and spiritual lives, we will have a complete and comprehensive definition of success

* * *

Here in this limited world, we perceive length, width, and density, but there is another level where dimensions do not exist; everything is clear and transparent—everything is consciousness and perception The sense of taste is perception, as is the sense of smell Our feelings, thoughts, and bodies are states of consciousness Just as we can see, hear, smell, taste, and touch in dreams, so too, on that higher level, do we experience all these sensations through pure consciousness

* * *

O Lord, make us happy by feeling Your nearness, free us from the shackles of desires, and grant us an inner joy that is not affected by life’s experiences and its changing events

* * *

When our minds are in tune with higher perceptions, spiritual consciousness awakens within us and we experience amazing wonders of divine wisdom and love

* * *

If we love God completely and turn to Him with all our thoughts and hearts, we will feel close to Him and we will find that He is the greatest haven of security in life

* * *

In the seemingly empty and empty space, there is a cosmic connection and eternal life that unites us with all living and inanimate things in the universe a wave of great life flows through everything in existence

* * *

Eternity is our true home and permanent abode, and our existence in these bodies is a temporary existence, like a short rest for a caravan traveling across the desert

* * *

When we align ourselves with the creative forces of the spirit, we will connect with the universal and infinite mind capable of guiding us and solving our problems Creative power will flow to us uninterrupted from the greatest source of our

being, enabling us to achieve creative success in any area of our activity

* * *

Love grows and flourishes in an environment of trust, tolerance, and mutual respect

* * *

Bless us, O Lord, with the light of pure thoughts and good habits, so that if the darkness of bad habits and deviant thoughts approaches us, it will be immediately dispelled And help us to love You with a love so profound that neither material illusions nor worldly temptations can ensnare us or seize our minds and hearts

* * *

Things that are easily obtained are rarely valuable We know this from studying the lives of great men and women and how they became great by developing their talents, fulfilling their duties, building their moral values, engaging in in-depth study, and avoiding selfishness But the results they achieved and the accomplishments they attained were immeasurably greater than the effort they expended

* * *

True freedom lies in the freedom of choice guided by wisdom and supported by understanding, correctness, and a firm will

* * *

When you awaken your will, determination, and conscious discernment, unseen forces are unleashed from higher consciousness—through the insight of the soul—to assist you and to illuminate

the paths leading to psychological comfort and happiness, with God’s help

* * *

A person must open the channels of the soul through their own effort No one willingly chooses suffering and misery over peace and happiness Ignorance is the root of suffering and the obstacle that must be removed and eliminated Ignorance is a harmful weed, deeply rooted, that grows in the garden of humanity and crowds out the good and beneficial plants

* * *

Ignorance must be overcome by unwavering will and resolute determination The soil of the mind must be cultivated with focused attention [on the positive], and good seeds watered with the water of faith When the vital and warm rays of love shine, the seed of goodness will grow and overcome the weeds and parasitic plants, for darkness cannot exist in the presence of light

* * *

The pleasures of material things fade and disappear, but divine joy never dims It is a divine happiness that is endless and beyond description

* * *

We must never use misguided methods to achieve happiness, nor should we abandon the peace and spiritual wealth we possess within ourselves in pursuit of illusory comfort and a glittering life that may be dangled before us by

hellish actions and behaviors with destructive effects

* * *

Serenity is the best camera for capturing the divine presence Through the lens of pure and precisely focused tranquility, the blessed image will appear with perfect clarity

* * *

In fact, all wisdom is within yourself and all you need is to become consciously aware of it

* * *

True contentment lies in self-improvement, so that others seek you out rather than you seeking them out Love and friendship should be given freely, without expectation or demand Expectation only breeds misery and unhappiness Even when striving for self-improvement, one should stand alone, secure and at peace within the fortress of one's virtues and self-worth

* * *

May waterfalls of joy and optimism always flow from my heart, and may their refreshing spray touch all those I meet

* * *

Spiritual joy generates in the soul the desire to help others in every way, and develops the ability to appreciate the refined moral pleasures that lead to happiness, thus reducing the inclination towards crude pleasures

* * *

No matter how small your role may be, it remains as important as the greatest roles in terms

of contributing to the success of the cosmic play that souls perform on the stage of life

* * *

Total consciousness is an absolute, infinite consciousness, constantly renewing itself and its creativity never runs out, and through you it tries to express a unique aspect of itself

* * *

If you taste divine love even once, you will never give it up because there is nothing else like it in the entire universe

* * *

Those who know God have reached very advanced spiritual stages, such that they are not content with merely offering spiritual advice to sinners, but they can – by the grace and help of God – charge them with the spiritual power that liberates them from the consequences of their sinful deeds

* * *

All good and evil deeds are latent in brain cells and appear as good or evil habits or tendencies in thought

* * *

A person who suffers from unhealthy habits due to their brain cells being charged with the power of those habits can liberate themselves through willpower, meditation, sincere prayer, and continuous positive affirmation until all their undesirable habits are transformed into good habits of peace and tranquility This happens when the rightly directed life force works to change the

abnormal nature of brain cells, so that those cells become filled with all that is good, virtuous, and beautiful

* * *

Understanding is the inner eye, the vision of the soul, and the telescope of the heart It is the balance between the composure of the mind and the purity of the conscience

* * *

Every day we see different scenes, and every day brings a new lesson to be learned It is expected that a person will learn the lesson by focusing on the ultimate purpose of his existence: to recognize the source of his being and the foundation of his life

* * *

Let us work to forget the sorrows of the past and resolve not to dwell on them With unwavering determination and active will, let us renew our lives, enhance our successes, and nurture within ourselves good habits and noble qualities

* * *

Anyone who exposes the weakness of others and causes them embarrassment and resentment is far from wisdom and sound judgment

* * *

Sayings for all times and places

Those who are in harmony with God see breathtaking beauty and taste supreme sweetness that cannot be experienced in any other way

When my soul called out to You, the clouds of Your silence burst forth, O God, and the rain of

Your mercy poured down in torrents until it became an overflowing flood of Your grace Your blessed river engulfed the banks of my being, and my soul plunged into the waters of eternity, and the bubble of my small life dissolved in the ocean of Your all-encompassing existence

My mentor taught me how to use the chisel of wisdom to make myself a temple worthy of the divine presence

If you want to achieve a noble goal, start by creating a mental model for it You can now firmly establish any direction in your consciousness if you plant a strong idea in your mind; then your entire being will conform to that idea, and your actions will align with it

When you touch the divine heart, your troubles will fade away, love will fill your heart, and wonderful spiritual experiences will dance like pure fountains in the gardens of your mind

Many clouds try to hide you and conceal you from me, but through the dew of tears of longing, your blessed name appears to me flashing in bright golden letters from behind all the curtains and veils

Purity of conscience means dealing transparently with the truth

There are essential needs and what some consider "necessities" that are actually unnecessary and superfluous Life should be simplified by focusing on basic needs and eliminating unnecessary luxuries

How high you are, O friendship, and how fertile and sacred your soil is! Love is your nourishment and loyalty your drink

When two people walk in harmony and accord despite their differences, they are united by one goal: to find peace and tranquility of soul in pure love and mutual loyalty and where the lover does not seek pleasure at the expense of the beloved then, in the garden of altruism, the fragrant flowers of friendship bloom and spread their sweet scent

The world trains our minds in a different way, making us accustomed to so many things that we begin to think happiness is unattainable without them But life, and children's lives in particular, must be simplified; otherwise, life will teach them through bitter disappointments

The truth is more accurate and realistic than mere thought or imagination, but what we think or imagine may sometimes come true

Imagination is a crucial element in the creative thinking process However, imagination must mature and transform into a firm conviction, and this is impossible without strong willpower

If you visualize something with all your willpower, your imagination will transform into a personal conviction, and when you can maintain that conviction

Despite all the opposing opinions, your conviction will materialize in reality

One must learn to stand on one's own, supported by one's own virtues and self-worth

Spiritual joy is a renewed joy and appears increasingly in those who think deeply about God It is a joy that helps in making the right decisions and doing the right things, and when it is found, unhealthy desires and cravings fade away because they lose their appeal compared to spiritual joy

Our Almighty Creator has given us life, strength, and wisdom, and it is our duty to give Him our attention and raise our hearts to Him in love, gratitude, and recognition of His favor and kindness

Help me, O God, not to kindle the fire of anger, lest I burn with the flames of resentment the green oases of peace within myself and others Help me to extinguish the fire of rage with the ever-flowing rain of my love

May the lake of my gentleness and my peace remain calm and still, undisturbed by the storms of discontent that bring nothing but misery

Performing acts motivated by a sense of duty, or sacrificing personal desires in service and love of another person, is far better than doing so out of fear

Even when a person stops transgressing divine laws, he should do so out of love for God, not out of fear of His punishment

Whatever you fear, turn your thoughts away from it Leave it to God and strengthen your trust in Him

Fear is always with man, and getting rid of it is possible by thinking about God and feeling His presence

It may be difficult at first to walk the paths of virtue, but they are blessed paths that lead to peace of mind and true happiness

May the glory of God shine upon every corner of our lives, may His love dwell in our hearts, and may His light fill our consciousness

O my divine beloved, the flowers bloom and the seasons change, and all speak of you The full moon reveals the features of your smile, and the sun carries your celestial lamp I swim in a sea of tears, overflowing with longing for you In the leaves of the trees and the veins of humankind flows your life and vitality, and I feel the beat of your cosmic heart throbbing within my own

When I feel your presence, I feel as though I am awake in another world, and from time to time I dream of this earth and this small body—my own I am awake in unending bliss, and my daydream of earthly life is perfumed by the happy memories of my waking moments with you I have uprooted the weeds of nightmares from the garden of my dreams and planted in their place the roses of my inspiration, where the fragrance of my longing will draw you in, and you will come to take me with you to the horizons of eternal bliss

O God, make me transparent with purity and cleanliness so that I may bring forth Your healing light within me

Calm the trembling mirror of my mind so that it may reflect your infinite face

Open the windows of faith wide so that I may breathe in the fragrance of your peace

O You Who are radiant in Yourself, O Majesty Who defies description, gaze with my eyes that yearn for You, so that I may see nothing in existence but You

Behind all the phenomena and appearances of life lies the silent voice of God, who constantly calls to us through flowers, holy books, our consciences, and all the beautiful things that make life worth living

Every effort made by the seeker to reach spiritual peaks is counted by God for him and rewarded well for it

We ask you, O Lord, to illuminate our minds with the light of your truth, to make our hearts beat with your love, and to fill our souls with your joy and the abundance of your grace

From that transparent horizon which the mind cannot penetrate, God pours forth His eternal light And from the cosmic mind come sublime inspirations and blessed powers, and creative activity flows into open and harmonious minds

When you find that your soul, your heart, every spark of inspiration, the blue sky, the shining stars, the mountains, the earth, the birds, and the flowers are all bound together by a single thread of cosmic rhythm, spiritual joy, and universal unity then you will realize that they are all waves on the breast of the divine ocean that has no shore

If we forget our Creator, we deserve suffering We must realize that God is our beloved and loves us, and this knowledge will free us from our problems and suffering

The true lover of God never ceases his search for Him, even if he fails to find Him after many attempts Just as a wave must return to the heart of the ocean after the storm subsides, so too is the earnest seeker; he possesses an implicit belief that the obstacles will crumble and that he will inevitably unite with the cosmic ocean sooner or later—that infinite ocean from which he came and to which he returns

When the mind constantly thinks of the divine beloved, the heart sings songs of joy and happiness

Spiritual emanation is the emergence of man from what he is now to what he will be in the future

A person cannot hide their true nature from others the vibrations of their thoughts will somehow be reflected in their behavior and will appear through their actions

There are many who have a misconception about freedom; they consider freedom to be doing whatever a person likes to do, and I call this freedom the freedom of whims

Because of a misunderstanding of the true nature of freedom, some parents enslave their children to tradition by immediately fulfilling their desires The child then grows up believing that as long as their wishes are granted, they are happy, and that the purpose of life is to fulfill every desire However, they later discover they were mistaken , as the outside world is entirely different from home life, and they learn that fulfilling every desire is not easy! Others may push them aside and disregard

them in pursuit of their own desires Consequently, the child becomes hardened and emotionally numb due to the overwhelming urge to satisfy their own desires Therefore, parents must help their children to develop their will and discernment so that they can live in the world without falling into its traps and pitfalls

The mother says, "Teach him with love" Of course, treating children with love is generally good, but too much sweetness spoils teeth, and similarly, too much pampering spoils children A degree of firmness and resolve is necessary, but if a child is treated and punished harshly for a mistake, the consequences will be dire There should be a balance in how children are treated and dealt with ; every father should temper his temperament with love and tenderness, and every mother should season her love with wisdom and rationality

A person must maintain a stable psychological state of love and longing for God I have tried many jobs, but whatever the nature of my work, my thoughts always remain with God

We should enjoy this creation, but without allowing it to enslave us And experience has taught me that the joy of finding God is unparalleled

Before embarking on major tasks, one should sit quietly, calm the senses and thoughts, meditate deeply, and seek divine help in order to obtain spiritual guidance and sound direction

Let me realize that the smile on the face of dawn, on the lips of flowers, and on the faces of noble men and women is your smile

I will not be affected by successive images of misfortunes, bad luck, illness, or any unexpected obstacles because I realize that a disciplined consciousness closely related to cosmic consciousness does not implicitly suffer from failures and annoyances

Freedom means the ability to act according to wisdom, not according to the dictates of passions, habits, and whims Obeying the ego leads to slavery, while yielding to the promptings of the spirit leads to liberation from constraints

It makes no difference to me whether I live in a luxurious palace or a humble cottage, as long as God is with me

I will use my honestly earned money to live simply, foregoing extravagant living

Through faith in God and the use of willpower, a person can overcome illness, failure, and ignorance, as long as the vibrations of the will are stronger than the vibrations of physical or psychological ailments The more chronic the illness, the stronger and more determined the will must be, and the deeper and more steadfast the faith, in order to achieve the desired outcome

Inspire me, O Lord, to place my trust in You alone, not in human means of protection Let me not let fear and anxiety paralyze my boundless strength to face any of life's trials Let me not imagine accidents, calamities, and misfortunes for

fear of their actual manifestation through thought and imagination And let me realize, O Lord, that whether I am awake or asleep, awake or lost in daydreams, alive or dying, Your protective presence still encompasses and guards me

The wise say: The fruit of good deeds motivated by love of God and virtue is harmony and purity The fruit of deeds motivated by selfish desires and ambitions is pain and suffering The fruit of evil deeds is ignorance and folly

Good deeds bring happiness, while worldly actions driven by self-love lead to suffering and pain Continued evil deeds, however, destroy a person's capacity for discernment and understanding

If you wish to live in peace and harmony, your intentions must be good, and you must spread thoughts of kindness and feelings of love If you live a virtuous life, you will help others through your example and good conduct

The moment I feel anxious and mentally confused, I will retreat to stillness and contemplation until I regain my composure, and I will begin each day by thinking about God and asking for His help and guidance

Resolve not to allow the suffocating weeds of hatred to grow and infiltrate the garden of your life, a garden brimming with the virtues of a noble spirit And the more you cultivate these fragrant, rose-like qualities, the more God will reveal to you the greatest secret of existence within you

The purpose of life is to attain peace, contentment, immortality, safety, and knowledge of the truth, and at the heart of these desires that stir within us lies the divine essence deep within us

May I find my freedom in You, O Lord, and realize that my true home is Your total existence and that I am an integral part of Your cosmic consciousness

O vast, divine sea, let the rivers of my desires, flowing through the deserts of obstacles and impediments, finally mingle in your great depths9

Only in the divine fortress do we find protection and security, and there is no safer refuge than feeling close to God and touching His presence

Since humans are governed by habits that shape their inclinations, tendencies, character, and desires, if those habits are bad, character becomes harmful and actions become evil Therefore, it is advisable to prioritize good habits, as they then guide our actions and thoughts toward noble goals and bring us health and happiness

Wherever there are sad and suffering souls, I find my comfort in serving and consoling them I will do my utmost to bring joy to others and will empathize with their feelings as if they were my own

Mental abilities exist in humans, but they remain underdeveloped in most people, and failing to cultivate these abilities leads to serious consequences Like the body, the mind needs

proper nourishment and exercise for health and vitality

A diamond receives and reflects light, and so do pure, transparent souls that know God and shine with His presence

O Lord, You are the true wealth in life, and by finding You first I will find in You everything I need

People usually focus solely on food, air, and sunlight to maintain good health, but there may come a time when health deteriorates despite an abundance of these external sources of life It is then that the need arises to recharge the body's energy reserves from within

If the boat of my mind approaches the rocks of greedy desires that involve dangers and risks, driven by the fierce storms of ignorance, then be, O my God, my beacon and always guide me to the shores of Your righteousness and goodness

Thought is like a flame whose concentrated power should be used to burn away the obstacles that prevent achievement

God can be found through constant divine love When we love God more than His gifts, He will come to us He has given us free will and the power of choice so that we may distinguish between the world's fleeting and insignificant gifts and the gift of closeness to Him and the joy of His blessed presence

We were given memory so that we could practice remembering good things until we could finally remember the greatest good: God

The breeze of Your love flows through me, O Lord! And the leaves of my life dance with joy at Your coming Their delightful rustling drifts through the air, inviting the weary to rest in the shade of My spiritual peace

Life's difficulties are not meant to harm us; rather, problems and illnesses offer us lessons Our painful experiences are not meant to destroy us, but to purify us and hasten our return to our pure source—God—who works in every way to help us and bring us back to our heavenly home

Infinity is our true home, and our travel to this earth and in these physical bodies is like a short-term visa trip

Lord, I know that praise does not elevate me, nor does criticism diminish me I am as I am before my conscience and before You I will continue on this path, doing my best to serve everyone and striving to earn Your favor—in that lies my happiness

You are a unique creature and your essence is wonderful, so get to know your true self

With the dawn of your arrival, the buds of my longing will blossom into fragrant, vibrant flowers

O Lord, hasten the coming of that day when I will weave a necklace of those dewy flowers and place it on Your blessed threshold

Instead of constantly striving to please himself alone, he should also try to bring happiness to others When he attempts to offer spiritual, intellectual, or material support to others, he will

find that his own needs are met and that the cup of his life overflows with joy

Those who achieve a brilliant victory over darkness on earth will have the light of glory as their portion and will enjoy inner peace and happiness

O Lord, continually scatter the seeds of Your blessings in the soil of my heart, plowed by supplication, so that they may grow into shady trees whose branches bear the most delicious and sweetest fruits of self-knowledge

We often remain in pain without making an effort to change, and that's why we don't find lasting peace and contentment If we persevered and made an effort, we could certainly overcome all difficulties We must strive to move from misery to happiness, and from despair to courage

O Divine Love, unite my love with Your love, blend my life with Your joy, my mind with Your cosmic consciousness, and quench my thirst from the fountain of Your eternal joy

The heart of the sincere seeker always whispers: "O my God and my Beloved, I do not want to be immersed in the turmoil of this illusory world, and all I want is to awaken Your love in the hearts of people My heart, my soul, my body, my mind, and all that I possess are Yours, O Lord" That seeker reaches God and comes to know Him

Lord, grant us a new and true understanding of brotherhood Let us abandon wars and heal the wounds of nations with the balm of love and the lasting comfort of compassionate understanding

Bless us so that we may be freed from the influence of greed, the dominance of deception, and the control of illusions, and help us to build a new world in which sickness, ignorance, and famine are nothing but dreams of a bleak and grim past

Let us solve all problems not with the logic of the jungle, but with understanding, truth, and unwavering faith in You and Your divine justice

Life has brought us together here for a time, after which we will go our separate ways But if God's love dwells within us, it doesn't matter where we go, because no matter how far we stray, we will remain within the circle of divine love and will never be truly separated

Lord, make me an eagle of spiritual progress soaring high above the alleys of narrow-mindedness and extremism

Call me to higher and higher horizons, beyond the intense earth tremors and clouds that block the sunlight

Let me take up the wings of balance to live right, and let me soar to those lofty skies above all storms and hurricanes, where there are wide horizons and sublime perceptions

Peace comes when we open our hearts to love and kindness Those with loving hearts and active in good works experience peace because it dwells within them Peace is the sanctuary of heaven and the foundation of a happy life

We should always think of the divine beauty behind the flowers, the cosmic light behind the sun, and the great life that flickers in every eye

When a person is truly kind and shows respect towards others, and returns compliments in kind, they will always be treated with appreciation and respect

I will spread my love to others so that I may open a gateway for God's love to come to me and dwell in my heart

Lord, let me be a beacon for those drowning in the depths of sorrow Help me to bring joy to others in gratitude for the spiritual joy You have bestowed upon me

I will melt hatred in the fire of my love, and I will forgive others and give love to all thirsty hearts

True love is the love that rejoices in the comfort of the beloved

May your light shine upon us, O Lord, and may your love fill our hearts forever

Having a spirit of initiative means having the power of creative imagination that enables a person to invent something that no one has done before Every person is born with this gift bestowed upon him by God

The greatest love is divine love, which makes life beautiful beyond words When you feel God with you, coming to you wherever you are and guiding your steps, divine love has begun

The power of truth goes against the wind

Lord, when I face temporary difficulties, let me remember Your abundant blessings upon me in the

past, knowing that Your help never leaves me and Your care is always with me To You I offer my heartfelt gratitude for every blessing that comes to me from Your generous hand

Drops of love shine in good souls, and God can only be found in the sea of love

Understanding is the lamp that illuminates a person's path and brings them success

In the spring, God adorns nature with the most beautiful roses and flowers with exquisite attire and bright colors

Peace is the first herald announcing the approach to the Divine Presence Afterward, peace transforms into lights brighter than endless joy

When I delve deep into the sea of meditation, I feel a blessed flutter within my being and hear a whispering voice saying, "I am near"

One must turn inward, to where the soul expresses itself From the depths of the soul spring all the experiences of inner life

When the soul realizes itself with divine consciousness, it feels great joy and expansion into the boundless space

If you use all the external means and resources available to you, in addition to your natural abilities, in order to overcome all the obstacles that may stand in your way, you will develop the powers that God has given you: those unlimited powers that spring from the deepest depths of your being

Love walks the golden path that leads to God

I will spread the sunshine of good wishes and good intentions wherever the darkness of misunderstanding has crept in

When difficulties attack you, yet you refuse to stop trying and making an effort, despite all the obstacles and impediments, then God will respond to you and crown your efforts with success

O Lord, I will pluck the flower of longing from the garden of my heart and place it as an offering of love on Your holy threshold

Since our thoughts and words are the seeds that will bring us the harvest of the future, I will begin today to fill my consciousness with good, positive thoughts

I fly and soar in the plane of my consciousness up and down, north and right, inside and outside and everywhere to find that in every corner of space I was and still am in the presence of God

Live each moment in awareness of your relationship with the infinite Absolute There is no end to your consciousness, and all things flicker and shine like stars in the sky of your being

Detachment, or non-attachment, is the wise path the seeker treads, willingly rising above trivial things for the sake of greater ones He does not bind himself to fleeting sensual pleasures in pursuit of a renewed inner joy Detachment is not an end in itself, but it paves the way for the emergence of the soul's virtues and spiritual powers

The spiritual victor advances with bold steps on the paths of life

A person should make the most of their present life, and open the windows of their heart and awaken and revive the dormant faculties of their soul

Behind the masks of change and transformation lies the divine presence And whoever can steady the mirror of their mind and prevent it from shaking, will see in that clear mirror the face of the cosmic beloved

Love is stronger than death and the ravages of time

Self-analysis is the key to success, and reflection is a mirror through which we see inner corners that would otherwise remain hidden from our view We must diagnose our shortcomings, distinguish between positive and negative tendencies, and identify the obstacles to progress and success

How wonderful you are, O friendship! You who draw from the waters of sincere, friendly concern, and whose leaves are moistened by the dew of inner and outer sweetness emanating from the depths of sincere and loyal hearts

I once saw a tiny ant trying to climb a pile of sand, and I thought to myself: the ant must be thinking it's climbing the Himalayas! The pile of sand may have seemed enormous to the ant, but not to my eyes Similarly, millions of our solar years may be less than a minute in the mind of God

We must train ourselves to think about great things such as eternity and infinity

I wandered through the world of infinity and witnessed the glowing mist in the land of light, and in that living brilliance I read the meanings of the secrets written on the pages of time

When you sleep, you passively quiet thoughts and feelings But when you consciously quiet thoughts and feelings through meditation, the first thing you experience is a state of peace, and your facial muscles naturally form a smile that reflects inner peace But you must look beyond this state of peace to perceive the purity of your soul—a purity untainted by sensory stimuli or automatic reactions to thoughts associated with the senses The state you then experience is one of perpetual, ever-renewing bliss

If you place a bowl of water under the moonlight and then stir it, you will create a distorted image of the moon When the water settles in the bowl, the reflection becomes clear The moments when the water in the bowl is still and reflects the moon's face with perfect clarity can be compared to a state of contemplative peace and a state of profound stillness In the peace of contemplation, all waves of sensations and thoughts cease to flow from the mind And in this deeper state of peace, the contemplative person, in that tranquility, sees the full moon of divine presence reflected in the lake of the soul

There are four states that the average person is familiar with: happiness upon fulfilling a desire, unhappiness when denied it, boredom when neither happy nor depressed, and peace when

overcoming these emotions or psychological states of pleasure, pain, and boredom

Peace is a highly desirable state, arising from the absence of both sorrow and pleasure, and the absence of boredom These states constantly shift and ripple on the surface of the soul After riding the turbulent waves of pain and pleasure, including repeated plunges into the depths of weariness, there is joy in floating on the calm sea of peace But greater than peace is spiritual ecstasy—the bliss of the soul—the ultimate happiness It is a perpetual joy that never fades but remains with the soul for eternity This supreme joy can only be attained through the awareness of the divine presence

A true smile is a smile of spiritual happiness obtained from contemplation and thinking about God and feeling His presence

My smile springs from a profound joy within me—a joy accessible to all It is like the fragrance emanating from the heart of a blossoming rose This great delight invites others to immerse themselves in the sacred waters of bliss

In the light of blessed forgiveness, the darkness of hatred accumulated over many years fades away

God quickly fulfills any need of His worshippers because they have freed themselves from the selfish motives that frustrate efforts and disappoint hopes

He whom God protects, nothing can destroy

We are not alone in this world, for God is with us, and there are enduring, intimate, and friendly relationships from which we draw support and joy

O shining star of guidance in the heavens of wisdom, your brilliant flash invites me to explore your blessed horizons, and my longing bird rushes with great speed, piercing the dense, gloomy atmosphere, driven by yearning for you and to bask in your most sacred radiance

One's personality begins to develop and blossom when one is able to feel - through inner, intuitive sensation - that it is not the solid physical body but the eternal spiritual current within the body

When the heart of the disciple overflows with love for God, his face will shine with a smile of peace and wisdom, and the layers of ignorance that envelop his soul will crumble and vanish completely

When you look at a flower or a tree, you know that these beautiful forms of life did not come into existence on their own God is the one who shaped them and endowed them with fragrance and exquisite beauty

Always perform your duties, both small and large, with deep attention, remembering that God guides your steps and strengthens your efforts to achieve your noble aspirations

When a person connects with their spiritual essence, long-forgotten, bygone eras and the immortal powers of the soul return to their

consciousness In meditation, one remembers that they are an immortal soul, not a mortal body

Everywhere we find people, good and bad, searching for happiness in their own way No one wants to harm themselves So why do some people act in ways that inevitably cause them pain and sorrow? Because those actions are driven by ignorance and delusion

We ask you, O Lord, to shine upon us with the light of your wisdom and to remove from us the darkness of ignorance and delusion

A conscious person should be cautious rather than fearful, and should cultivate within himself a sense of boldness without recklessness and rashness so as not to expose himself to circumstances that may provoke fear and anxiety

Wisdom does not depend on the injection of information from the outside, but on the power of internal acceptance, which determines the amount of true knowledge that can be acquired and the speed at which that knowledge can be attained

This world is merely a stage upon which we perform our roles under the direction of the Divine Director We must perform well regardless of the nature of the roles assigned to us, always remembering that our essential nature is perpetual bliss

The wisest of the wise is he who seeks to know God, and the most successful of the successful is he who has found God

O Divine Beloved, may you occupy first place in our lives, may your healing love fill our hearts,

and may your blessed light dispel the darkness of worries from our souls

Freedom means acting according to conscience, not according to the dictates of habit and desire Obeying the ego and its whims breeds constraints, while heeding the promptings of wisdom grants liberation from those constraints

Peace of mind can be found through the conscious and deliberate development of good qualities, which, when fully grown, cannot be taken away from their owner unless he chooses to give them up of his own free will

Most people seek happiness using misguided methods Some believe they can double their happiness by adopting wrong behaviors and unhealthy actions that seem to offer glittering promises of overwhelming and lasting happiness, and they are deceived by those false promises, as the taste of true happiness cannot be savored in the hell of false illusions and wrong actions

Every minute is eternity because eternity can be experienced within that minute Days, minutes, and hours are windows through which we can glimpse eternity Life is short, yet simultaneously endless and boundless The soul is immortal, and during this brief chapter of human life, we must make the most of every available potential and opportunity

Spiritual words are like seeds that need fertile soil in order to sprout, grow, bloom, and bear fruit

Spiritual growth requires self-reflection, rearranging life priorities, identifying and

eliminating harmful habits, and observing health rules and laws in line with evolving spiritual understanding and growing mental strength

When the disciple tastes divine joy, he will find that God has become more real to him than anything else, and he will realize that touching the divine presence is a bliss that no sensory pleasure can equal

God works to awaken man’s spiritual consciousness and guide his will in the right direction through the beauty of virtue, the greatness of tolerance, the majesty of wisdom, and the splendor of spiritual happiness

I will not consider others strangers because I feel that everyone is my brother or sister I will make my life successful and fulfilling so that I can help others succeed and achieve I will empathize with others and show them compassion as I show myself I will love God as the prophets and saints loved Him, and I will cast selfishness into the well of my love for others

Beyond this fleeting, earthly life, subject to death, lies an eternal, unchanging life The body is composed of chemical elements that decay and perish, but beyond this transient existence lies an eternal, heavenly life in God's presence Therefore, we should not confine all our attention to this impermanent body, and those who desire it must endure its trials and become its masters

Today I will try to help those in need and give what I can to the hungry

I am safe and secure in God's protection and behind the walls of my clear conscience I am one with the light of goodness that guides the ships of souls tossed about by waves of sorrow in a sea of confusion and anxiety

Today I feel God in the flutter of peace that trembles within me and stirs the strings of my heart

I will do all I can to make others happy, just as I strive to make myself happy, and through my spiritual happiness I will serve everyone in the house of divine love and I will fear nothing but myself if I try to deceive my conscience

From the gardens of the soul

You intend to go somewhere, and you rush yourself to get there quickly When you arrive, you find that you don't enjoy the place because of the eagerness, anxiety, and perhaps even turmoil you feel Instead, try to be calmer, more composed, and more balanced If your thoughts incline towards worry and agitation, forcefully suppress them until they regain their composure

Excitement negatively affects the balance of the nervous system because it sends a large amount of energy to some parts of the body while depriving others of their natural share This imbalance in energy distribution is the cause of nervousness A calm and relaxed body soothes the nerves and promotes psychological well-being

In harmony with God, inner vision begins to unfold gradually One must have complete faith

that God will answer every heartfelt prayer Whoever turns to Him seeking enlightenment will have their vision opened and their mind and heart illuminated

When insight opens, it manifests as a feeling that seems to emanate from the heart, a feeling of profound clarity and precision Through this feeling, the seeker gains unwavering conviction and sound guidance to follow the right path, and gradually comes to recognize and trust this feeling

This does not mean abandoning thinking altogether; calm, unbiased thinking also leads to insight Emotional thinking, driven by vanity and self-importance, leads to misunderstandings and erroneous conclusions

Reject destructive doubt and false beliefs wholeheartedly, and turn your heart and soul to the realm of faith and complete trust in God In the stillness of contemplation, your consciousness will be able to focus on truth and correct understanding In this experience, faith blossoms and unfolds, and through insight, you will experience what no eye has seen, no ear has heard, and no human mind has conceived

Every breath of my longing and supplication opens doors and windows in my soul through which I pass to God’s bliss

Just as the sun shines on the busiest roads, so I will see the rays of divine love in all the crowded places of my daily activities

Bless me, O Lord, so that I may awaken my soul with the dawn and bring it to Your blessed threshold

O Lord, grant me a generous spirit to share with others what I have, and help me to see in the still lake of my mind the reflection of my soul’s moon shining with the light of Your presence

Today I will dive deep into the sea of contemplation and reflection on God until I find pearls of wisdom and divine joy

I will love you, Lord, more than anything else, because without you I cannot love any human being or anything else

In the depths of the mountains and the still skies, and in the depths of my soul and the cave of silence, I sense the presence of God and feel His constant joy, and I drink from His pure springs that never cease nor dry up for all eternity

I love and worship You, O Lord, whose love reigns supreme in every kind and loving heart

Someone asked the teacher Paramahansa to show him a way to develop a magnetic and attractive personality, and he said: You must be mentally present when interacting with others because absentmindedness is more damaging to one's character than anything else Of course, I'm not referring to the absentmindedness of great people, whose thoughts are usually absorbed in profound matters

Always be alert and aware, and you will become an attractive magnet

No one likes to be ignored We all want our feelings to be considered and taken into account, and likewise, we must consider the feelings of others and show them consideration in order to achieve harmony and understanding To do this, you must be alert, perceptive, and attentive to everyone around you

The dead have no power to insult others, but the one who pays no attention to them does

When you are in the company of others, interact with them attentively, energetically, and with interest, but avoid talking about yourself

Everyone wants to talk about themselves, but it's a weak approach Let others talk about themselves if they wish; listen to what they have to say Let them speak of their problems, their achievements, and their impressions, but let your magnetism speak for you The light of the lamp speaks for itself clearly; let your silent vibrations speak for you with equal clarity

God showed me in a vision that those who die in battle have a terrible dream of death, but as soon as the good ones rise from the body they wake up as if from a disturbing nightmare and are glad to be free of it

All our life experiences are part of the cosmic dream Humanity created the nightmare of war, but after the victims of this nightmare leave their bodies, they realize it was a terrible dream from which they have awakened, and they understand that they are not dead This is a profound metaphysical truth

If a person knew they were dreaming, they wouldn't suffer from disturbing dream experiences But if they achieve self-realization within the dream and someone delivers a fatal blow, that dream death seems like a real and terrifying ordeal until they wake up and realize it wasn't real

This also applies to the state after death As soon as we leave our bodies, we realize that our consciousness has not died, but rather that we have been freed from the body and its material constraints and limitations, and in that liberation lies a great freedom

We should never ask for death, but rather prepare our consciousness by being in harmony with God and meditating on Him, so that when death comes in its time we can look at it as nothing more than a dream

I can see the dreamy nature of life and death whenever I want Therefore, I do not attach much importance to this body

There is a spiritual physiology underlying the nervous system that uniquely allows humans to reach the highest stages of the development of consciousness

The human brain, larger than the brains of most animals except whales and elephants, is more complex and possesses a greater capacity for thought This makes the human brain a suitable instrument for humans, who possess a more advanced consciousness than other creatures The brain's intricate and complex convolutions enable humans to think deeply and profoundly Therefore,

only humankind is capable of reaching advanced levels of discernment, and consequently, of knowing its Creator The wise person is the one who employs their intellectual abilities in the service and benefit of humanity on the material, intellectual, and spiritual levels

Winter arrived in its cold, white, lily-like cloak

My desires for the joys of summer have faded

I was told to seek the warmth of your kind heart

And as spring appeared, dancing, adorned with all kinds of flowers

Scented with the fragrance of fields and hills I was told to love you, my God

And summer came, singing its green melodies in the tender leaves, the rustling of the poplars, and the rustling of the pine trees

He insisted that I recite to you

Even the soft, tender soil caressed my hurried feet

And she asked them to approach your all-existent sanctuary

The soft fragrance told me to follow its path

To your holy temple in the heart of swaying roses and basil

And the birds told me to sing to you like them

And the undulating breeze over the streams and brooks

I awakened the bubbles of my love for you, and they began to frolic above your large chest

And with the curved fibers of the grass, I learned how to bend

I bow down to you, O Lord

And the incense also told me of the wonderful fragrance of your perfume

And how should I keep my heart filled with your sacred fragrance before your infinite throne?

And the small, silent, patient stones told me so that I might see you even in those who try to steal my happiness

The forgotten years asked me to send to my fellow human beings a message of love and affection wrapped up in every minute and second

And every thought told me to search for you in her heart

My love inspired me to love all that exists through you

And my love whispered to me, "Love me with all the strength I possess, O my God"

Once I lay on a bed of grass and flowers and dreamed that everything in existence was beautiful and joyful

My head was resting on tall, green, and thick grasses, which fanned me with breezes carrying a sweet fragrance

Then I was driven to touch my hand and my body, and I was amazed by the greatness of its Creator Yes, I was amazed that I, who am certain of the reality of my body, will one day leave it to rest in the earth this body that will become cold, pale, and motionless at the time of death, while now it seems vibrant with life and harbors hundreds of sensations, millions of thoughts, and billions of fantasies and perceptions

This body is the stage upon which the chapters of life unfold, where the buds of smiles blossom, only to be followed by the inevitable arrival of death Here, amidst flesh, bone, and blood, and behind the beautiful mask of skin, lurk the wolves of disease and the beasts of desire And here, too, beneath the flesh, lies a secret passage to the kingdom of light This body will wither and fade away when its master—the soul—departs it irrevocably And why not? For when the enlightened master of the physical abode tires of living in the muddy, crumbling hut of matter, bound by the cords of nerves that demand constant care, he finds solace in another house in some corner of God's earth—in another realm of total existence where the fragrance of joy permeates everywhere and ceaselessly

The immortal soul plays the role of life and death with a perpetual smile, then departs to its eternal home

Are moviegoers obligated to remain in the cinema forever after the show ends? Certainly not People must return home Similarly, souls come here to enjoy the cinematic spectacle of life, then depart and return again They love watching films and plays, and when they tire of the performances they dreamed of, and have mastered the lessons God wants them to learn, they return once and for all to the abode of eternal bliss

When values are not founded on justice, gaps open through which misery and suffering seep If values are based on selfishness, deadly conflict,

and fierce competition, the results will be tainted because the motives are impure, and money will not be blessed in such a case

A person must purify their conscience of selfishness and not try to enrich themselves at the expense of others True contentment is spiritual, not material, and the real gain in life is possessing the treasures of wisdom, knowledge, and the love of God

We should live simply and always strive to help others and improve their circumstances as much as possible But this noble goal is incompatible with selfishness and greed without regard for others

Those who are worldly are unbalanced and therefore not considered successful A simple, balanced life is a wonderful art and a sign of success Those whose sole aim is to acquire money will not find favor with God

It is true that God instilled in us the feeling of hunger so that we might work and provide for our bodies, but providing for the body is not the sole purpose of life The purpose is far greater than any material or temporal consideration, however wonderful, glorious, and dazzling it may seem

One of the disciples asked Master Paramahansa how to experience the divine presence He replied, "Every night, before surrendering to sleep, meditate until you feel your consciousness has pierced the world of thoughts and entered another dimension However, this is not all After turning the mind inward, longing must

surge forth, and desires must rush like a flood toward God When the disciple surrenders himself completely to God, he suddenly feels that he has touched His blessed presence and recognized Him He will see a great light of exceeding brightness, and he may see angels and benevolent souls Or he may smell an intoxicating heavenly fragrance, and he will then know that God has answered him, and his insight will be opened, and God will reveal to him the secrets of life Or he may be enveloped in great peace during meditation If he continues meditating and God bestows His great love upon him, he will feel a divine joy beyond description Blessed is he who is granted this blissful experience"

Divine love opens the gate of heaven, through which the seeker enters the presence of God

If a person asks God, the gracious and wise, for the bread of eternal life, He will not give them the stone of material ignorance If a worshipper seeks the food of wisdom, God will not offer them the serpent of deceit If a worshipper asks God for the essence of divine bliss that quenches all thirst, He will not give them the scorpion of anxiety and psychological distress If deceived humans know how to give good gifts to their children, how much more will the Lord—the source of all goodness and joy—give spiritual knowledge and enlightenment to those who love Him!

God bestows the highest wisdom and greatest knowledge upon those who seek them, and He bestows Himself upon the earnest seeker who

accepts no substitute He who seeks God with all his heart and soul is the wisest of the wise, and the dearest of people to God And when the worshipper's longing intensifies, he receives a rare and beloved response from God and experiences the unique ecstasy of love that is experienced by those who love the Beloved

The wise person who plays his part in this cosmic dream with spiritual awareness and a growing divine longing is close to God and dear to Him He possesses pure love and loves God without any selfish motives and without any preconditions, such as saying, for example, "O Lord, I will worship you on the condition that you grant me health, money, and a comfortable life"

Between the wise and God there is a deep, mutual love that is boundless and endless If someone asks God for something specific, God is fully aware that the person is more interested in His gifts than in Him

It is not wrong for a person to pray for their needs to be met, but when they supplicate to know God and behold the light of His glorious countenance, they should not desire any personal gain from it, nor should their thoughts be limited to the gifts themselves, but rather to the Giver Himself When the seeker is able to do this sincerely, they will automatically receive all other gifts from the wellspring of generosity and the ocean of bounty

One of the disciples asked the teacher Paramahansa for advice on how to behave in

certain situations and deal with others, and he said:

Follow the truth and do not deviate from it, and avoid saying anything that might harm you or others, even if it is true , as long as you do not stray from the spirit of truth At the same time, you must not go to the opposite extreme and resort to lying to avoid stating painful truths

Be honest with yourself and others without dwelling on the unnecessary Speak the truth and avoid saying things that hurt or harm anyone Don't reveal all your secrets in the name of honesty and transparency, because if you expose your weaknesses, they will try to hurt or ridicule you whenever they feel like it Why give them a weapon they can use against you?

Speak and act in a way that brings happiness and peace to yourself and others

It is necessary to develop spiritual discernment to know the difference between the truth that brings good and recounting facts without considering the consequences that may result from them, for things are judged by their endings It is not advisable to say everything you know, nor is it advisable to be evasive and secretive about matters that others should know for their own good

When you do not have full discernment, it is best to be reserved in speech until you have a direct understanding of the truth with fair results for all

Keep thinking about God and ask for His help and guidance, and your insight will be opened so

that you see things clearly and you will then be able to distinguish better

Charging the body's cells with youthful vitality

Cosmic energy flows into the body constantly and without interruption, but most people are unaware of this abundant vitality Those who do feel it experience a surge of energy in their cells and a refreshing current that provides them with renewed strength

All of nature bows in reverence to the Lord of the Universe, and His power flows through humanity The problem lies in the failure to cultivate a strong connection between humanity and the source of all power We live directly by divine power, and all other powers are useless without God's sustaining power

Food, oxygen, and sunlight—these elements can provide us with some degree of health, but we need to understand how to obtain complete health from the Infinite Source Material sources are like small batteries that eventually run out of charge, while the Infinite Source is a mighty generator whose power never diminishes, continuously supplying the soul with vitality, happiness, and strength Therefore, it is of paramount importance to rely on the Infinite Source as much as possible

The person who desires must learn the correct way to benefit from that vital supply directly from its source, and must realize that thought is reality, for all natural phenomena are an embodiment of

divine thought because God thought about this earth before creating it

Many believe that thought is a product of the body, but the extremely precise formation of the body, and the wonderful coordination between its parts and organs, clearly indicate that the body is the creation of a supremely sublime cosmic mind

The mind is the main element that controls the body, and it is very important for a person to avoid the mental suggestions of human deficiencies such as illness, weakness, aging, and frustration, and to assure himself that an inexhaustible activity flows through him, and this activity is endowed with intelligence and is able to charge the body’s cells with wellness and the vitality of youth

Thought is the brain, the emotions, and the sensations of every living cell; it has the power to keep the body either active and alert or lethargic and sluggish Thought is the master, and the body's cells are its subjects, obeying the commands and prohibitions of their supreme master: thought

We pay considerable attention to the quality of food we eat daily, and similarly we should pay attention to the quality of intellectual and psychological food we provide to our minds every day

The metaphysical scientist says that the body is not an electromagnetic wave but a wave of consciousness floating in the sea of divine consciousness

Every day we must strengthen our physical strength, increase our mental strength, and get to

know our true selves through meditation, sound thinking, and positive, productive work that benefits the body, mind, and spirit together

God has blessed me with happiness throughout these long years of my life Whether people see the smile of contentment on my face or not, divine joy is always with me and never leaves me The great river of bliss flows continuously beneath the sands of my consciousness and bursts forth as blessed springs that water the gardens of my life

Neither the sudden upheavals of life can disturb my peace, nor can the specter of death take away the spiritual happiness I feel

It was difficult to make that state permanent and unchangeable, but the fruits of the spirit that I now enjoy and share with others were worth all the effort I put into it

I think and act guided by the divine spirit Money has never been my goal in life, but rather serving my brothers and sisters in humanity Therefore, God has opened many doors of goodness for me to sustain myself and fulfill my mission And whenever I need help, God provides it immediately

My only wish is to serve you, and that is why I am here

God's power is at work in your lives as well You will experience this truth for yourselves when your faith is strengthened and you realize that true wealth comes not from material success but from the Almighty

Although life seems unpredictable, capricious, and mysterious, fraught with doubts and all sorts of problems and upheavals, we remain under God's constant protection We must not exaggerate matters or lose our composure in the face of events, because if we allow panic to overwhelm us, we give power to evil and deepen its roots, which grow and thrive in the soil of fear and anxiety

We shouldn't expect to find lasting happiness and peace in life's trials; rather, we must seek and discover them within ourselves Then, whatever experiences we go through, we will deal with them in the same way we watch someone else's experiences in a movie, whether pleasant or painful

A person can turn all their experiences into painful, unhappy trials if they allow their mind to do so They may enjoy good health and yet fail to appreciate its value But if they fall ill, they will then humble themselves and appreciate the blessing of well-being We should acknowledge God's favor and thank Him for the blessings He bestows upon us without waiting for adverse circumstances to make us grateful and acknowledge His grace

Life should be a blend of reflection and action When a person loses their psychological balance, they become vulnerable to the onslaught of worries, the clouds of sorrow, and the pangs of pain And if they attempt to violate the laws of health, prosperity, and wisdom, they will inevitably suffer from illness, poverty, and ignorance

We must keep our intentions pure, our motives clean, and act in a way that brings us peace of mind, and not allow life's circumstances to disturb our peace and destroy our happiness

also strengthen our intellect and reject the burden of intellectual and moral weakness inherited from years and generations These impurities must be burned away in the fires of renewed resolve and productive action With this constructive approach, the truly committed individual can reach the horizons of liberation and freedom

The eternal laws of happiness

It was said that during the golden age of one of the righteous rulers of India, no incident, premature death, or natural disasters occurred that disturbed the peace and complete harmony of his kingdom

When family members live with greater integrity, every home will experience more harmony, health, and affection But when family members treat each other with ugly selfishness, the home will automatically be filled with discord and hatred This also applies to nations When people live with honesty and integrity, they will witness the Kingdom of God on Earth

Time is short Today we are here, tomorrow we will depart The search for God is the highest privilege of humankind We must make the most of the freedom God has given us in this life and use it wisely so that we may personally experience eternal spiritual truths

Sin is everything that causes pain and suffering for a person Virtue is what makes them happy forever If a person does not possess spiritual harmony in their thoughts and peace within themselves, a new house, a new car, or anything else new will not be able to bring happiness and tranquility to their soul; rather, their inner torment will remain even with the acquisition of those new things and more

True happiness lies in the ability to defy circumstances and withstand all external trials It is found when you can endure the agonizing pain and harsh hardships caused by the prejudice and malicious attempts of others to harm and ensnare you, and you respond to their transgressions with love and forgiveness When you are able to maintain your peace of mind despite the painful stings of external circumstances, then you will taste happiness

The Holy Scriptures state that those who disregard divine commandments and pursue their foolish desires and whims will not find happiness nor achieve their ultimate goal They urge the seeker of truth to make the Holy Scriptures their guiding light and judge in determining what should be done and what should be avoided, and to discern matters and act according to wisdom

Those who are self-confident are the ones who act with integrity Happiness comes only from pure thoughts and upright actions If you are happy now, you will be happy in the future, both here and in the next world

We must accumulate the harvest of good fortune by gathering the fruits of wisdom while the sun of available opportunities shines In other words, we must seize opportunities before it is too late

(Seize the opportunity, for if you do not seize the opportunity, it will become a source of regret)

God has given us spiritual laws called commandments But these commandments are disregarded and broken every day and everywhere Unless people understand their spiritual meaning, they will always complain about them and turn away from them These commandments are timeless codes of conduct endorsed by all Abrahamic religions However, the texts often fail to explain the psychological aspects of these commandments and the benefits associated with following them People accept these commandments in places of worship but fail to follow them outside of them, justifying this by claiming that these rules are impractical, illogical, and out of step with the times Yet, the violation of these commandments is the root cause of all misery in the world

But what is the benefit of those commandments and where do their advantages lie?

The holy books advise man to contemplate God, to immerse his mind in Him, to surrender all matters to Him, and to worship Him with sincere worship, unmixed with hypocrisy and untainted by pretense

Knowing God should be the ultimate goal of life Worldly duties cannot be fulfilled without the power God has bestowed upon humanity To perform ordinary duties while forgetting God is a mistake and a sin

Sin means ignorance: acting in a way that is contrary to the greatest good of man

Why do people feel sadness and regret? Because they did not act uprightly because God was not first in their hearts

Nothing in a person's life should be considered more important than God If a person truly cares for God and fulfills their spiritual duty towards Him, their circumstances will improve in every way, and they will feel safe and secure despite all surrounding circumstances

As soon as a person begins to worship possessions, money, fame, or anything else besides God, unhappiness becomes their lot Those who focus all their attention on these things are in reality worshipping them, and therefore they do not draw closer to God but rather drift away from Him But those who contemplate God, meditate on Him, and commune with Him in their hearts draw near to Him and experience inner joy in their silent communion with Him

God alone is capable of fulfilling human dreams and hopes for lasting happiness Therefore, nothing should be allowed to take God's place in the heart

There are sacred symbols that may help the seeker remember God and draw closer to Him

However, if a person begins to worship these symbols, their harm will outweigh their benefit Worship should be directed only to God, for nothing else is worthy of worship

Whatever the nature of ritualistic worship, it is acceptable to God as long as the worshipper performs it with spiritual awareness and longing for Him However, many people do not grasp the essence of worship, and their thoughts and hearts are diverted from God to the rituals, thus not benefiting much from their worship

True worshippers do not allow their consciousness to be confined to any image or form, but they focus with the deepest love and full attention on the divine spirit behind all images and forms

God is absolute and infinite, and no image or statue can contain Him

It can be said that God manifests himself in everyone who loves Him sincerely and is in harmony with Him, because He is present everywhere and therefore present in everyone However, not everyone has the ability to manifest the divine presence The sun shines equally on both coal and diamond, but the diamond receives and reflects the sunlight, while the coal cannot Similarly, all people are immersed in God's light, but only a few are able to receive that light and reflect it in their thoughts and actions To do so, they must purify themselves through meditation and by following divine teachings and commandments

When we pronounce the name of God, we must be deeply and sincerely aware of what we are saying If you could see into people's thoughts during prayer, you would find that most are thinking about everything but God, even though they are uttering His name! Such a prayer is fruitless and worthless

When we pray, we should strive to focus our entire minds on God, rather than merely repeating His blessed name while allowing our thoughts to wander One of my aunts used to recite her prayers on prayer beads, which were rarely out of her hand But she confessed to me one day that despite practicing this prayer habit for forty years, God had not answered her prayers No wonder! Her "prayers" were nothing more than a nervous habit

When we pray, we should think of nothing but God We should strive to be sincere in our worship and devoted in our supplications Using prayer beads and constantly invoking God's name is perfectly acceptable when the practice stems from the heart and is supported by sincerity and focused mind However, this practice can become automatic over time

We must whisper God's name in our hearts, on the rosary of longing and divine love; this is true worship that touches God's heart To utter God's name with coldness and a wandering mind is blasphemy and disrespect When one prays, one's heart and mind must be filled with the love of God Practicing mental focus through higher yogic exercises helps us draw closer to God, the supreme

source of glory and splendor, and also helps us to contemplate and commune with Him

It is essential to dedicate one day a week to spiritual retreat (if possible) for contemplation of God and to experience tranquility, peace, and inner peace Time spent in this way will be a soothing balm for the troubles and anxieties you encounter during the rest of the week

Everyone needs to spend one day each week in seclusion or a "spiritual retreat" to heal their emotional wounds and pains When that day becomes one of peace, joy, and contentment, you will eagerly await it week after week

Solitude is the price of greatness You will be amazed by the wonderful results that will be achieved for your mind, body, and soul through this spiritual retreat and connection with your spirit and with God If you aspire to true happiness, you must immerse yourself in the ocean of divine peace early in the morning upon waking, and also before going to sleep at night

The sages of India advise not just one day of seclusion, but emphasize the need for quiet meditation during four specific times each day At dawn, before rising and seeing anyone, one should enjoy the tranquility and sense of peace At midday, one should calm the mind before lunch, and again enjoy a period of peace before dinner Finally, before going to bed at night, one should enter a state of peace once more

Those who observe silence diligently during solitude and throughout these four daily periods

are bound to feel in harmony with God Those who cannot observe all of these periods should dedicate at least the morning and evening hours By doing so, their lives will be transformed for the better, and they will experience happiness; experience is the best proof

If you keep writing and signing checks without depositing enough funds to cover your bank account, you will run out of money The same applies to your life Without regular deposits of peace in your life account, your energy will be depleted, your tranquility will vanish, and your happiness will evaporate In short, you will eventually suffer emotional, mental, physical, and spiritual bankruptcy But deep daily meditation on God will compensate for the deficiencies in your soul

The devout seeker meditates daily, communing with God with all the love and longing in his heart, beseeching Him to reveal Himself If you are a lover of God and yearn to experience His presence, you must immerse your mind and body in His peace, and life will smile upon you, and your affairs will improve in many ways A calm person rarely makes mistakes and succeeds where thousands fail

Those who do not think about God or care about Him become depressed and miserable They become irritable and turn into walking machines

The sun of wisdom and peace will rise in the sky of tranquility and will envelop your being with

its healing rays as long as you make a spiritual effort and give first place to God in your heart

A day of reflection should also be a day of mental and physical rest and the cultivation of inner peace Any activity that yields wisdom and peace is a blessed activity on that day

As for honoring parents, the holy books have recommended treating them well: “Honor your father and mother” and “Be kind to parents”

Human fathers and mothers should be honored as representatives of God, who endowed them with the gift of creating humankind A mother is the embodiment of God's pure love, for a loving mother forgives where no one else will The father is the manifestation of God's wisdom and protection for his children

A person should not love their father and mother apart from God, but as an expression of that love The protector and the wise one The supreme divine spirit becomes the father and mother to help the child, therefore it must be honored in the parents

The scriptures also advise us against killing for the sake of killing, for then one becomes a murderer A person should not take another's life in a moment of intense emotion However, if loved ones are threatened, one must fight to protect those God has entrusted to them, for it is a sacred duty to defend one's family and country

Regarding the prohibition against adultery, the ideal purpose of sexual union should be the procreation of children created in God's image and

the expression of the pure love felt by spouses who see God in one another Those who live solely on a physical level, without any regard for true love or the higher purpose for which sexual desire was created, commit adultery according to this commandment In this case, they are no different from animals that satisfy their sexual urges and then go on their way

God created this creative drive in men and women to procreate and express true mutual love in married life, and it should not be misused otherwise, but rather transformed into a sacred activity and knowledge

If you can control and distribute sexual power within your being, you will be able to develop great mental abilities for writing, drawing, or for revealing latent talents in countless other ways

And when you are finally able to control and spiritually transform creative activity, you will experience great peace, great love, and increasing spiritual joy

Saints and spiritual leaders who have spiritually transformed their sexual activity are giants capable of performing amazing and astonishing feats in the world and in the esoteric search for truth

Thus, the highest use of the sexual drive is to elevate its power, that is, to channel its energy toward a higher purpose in order to manifest wisdom, lofty ideas, and spiritual ideals One should not derive pleasure from sexual thoughts or desire what is forbidden When this kind of self-control is

achieved, one will have a sound perspective on sexual intercourse and its higher purpose

Being enslaved to sexual matters means losing health, self-control, and intellectual peace, and in short, all the elements of happiness that a person needs

The holy books also urge us not to steal If a group of a thousand people were to steal from one another, each would have 999 enemies Therefore, one must not infringe upon the rights of others, nor seize their land, peace, love, dignity, or any of their material or spiritual possessions If you do not feel the desire to take what is not yours, what you need or desire will come to you Theft originates first in the mind when a person begins to envy others The seeds of malicious desires must be uprooted from the mind Spiritual altruism is the way Then, a person will naturally attract abundance, and blessings will flow to them from sources they know and sources they do not know It is an infallible divine law As for thieves and selfish people , they spend their lives chasing after material possessions, their eyes always on what others have , even if their own coffers are overflowing with gold

Unless material selfishness is abandoned, the world cannot know happiness

Happiness comes only through spiritual cooperation It comes when a person feels the needs of others as if they were their own and works for others as they work for themselves

Another important commandment is to avoid bearing false witness Harming anyone by distorting the truth is another way to undermine social harmony If one wishes to be treated well, one should treat others accordingly

The truth should always be told, but a distinction must be made between stating the truth and merely stating facts Referring to someone as lame or blind is hurtful and unhelpful; one should be considerate of others' feelings and avoid embarrassing them Similarly, revealing a truth that could betray someone without a noble purpose is also wrong On the other hand, one should not lie to avoid telling the truth; rather, one can remain silent in certain situations to avoid embarrassing or harming others

One must beware of envy, a destructive disease that gnaws at the peace of the soul The more one covets what belongs to others, the greater one's unhappiness and misery become The envious person lives a troubled life, never knowing the taste of tranquility It is far better for them to respect themselves, rely on themselves, and seek inner spiritual richness

A person's dignity and intrinsic worth are far greater than anything they might desire or long to possess God is manifest in every human being in a way that is not manifest in any other human being Their face is unlike any other person's, and their soul is unlike any other person's, for within them lies the greatest treasure of all creation—and that greatest treasure is God

We are not shackled by the past

When a person has the right faith and acts accordingly, he is happier than those who lack faith and do not perform their duties in the battle of life

Sound faith and righteous action (supported by noble motives and good intentions) are always present wherever happiness exists, and are lost wherever happiness is absent From this, we can conclude that they are two essential conditions for happiness, which cannot be attained without them Those who desire happiness need only possess these two fundamental elements, which are its cornerstones and pillars

Humans cannot control—at will—the infinite components of the universe, nor can they modify or erase them These components are intricately interwoven with the fabric of human life, and humans cannot function in isolation from them However, they can control their minds to adapt to these components

Do not harm him

Our ancestors were happier than us not because they possessed more worldly things and pleasures than we do now, or because they were less exposed to life's problems, but because they possessed the psychological balance that gave them comfort, peace, contentment, and in short happiness

They didn't depend on external circumstances for their happiness, nor did they succumb to external conditions that would rob them of it Their feelings of comfort, peace, happiness, and

contentment were natural, normal, healthy, and lasting We, too, should cultivate these feelings if we wish to possess happiness And who among us doesn't?

Fate is the result of a past exercise of free will or freedom of choice Through our past practices of free will, we have brought and continue to bring upon ourselves fate and destiny However, we are not bound by the past, nor are we forever constrained by the consequences of our actions We can undo what we have sown and erase what we have written if we so desire and strive to correct our course and improve the quality of our harvest If we eradicate the seeds of actions with painful consequences and plant in their place seeds more suited to the nature of the soul, we will surely reap the fruits of happiness from those good seeds sown in the soil of the soul We must exercise free will now, now and not tomorrow, if we wish to attain greater happiness or lessen suffering and pain

Therefore, the conditions for happiness lie within the human being, and all he has to do is deal seriously with that equation that does not err, and the results will be in his favor if he makes the best assessment and dealing with it But the person with a strong will is in harmony with God

Concentrated mind energy

When you concentrate sunlight By focusing a magnifying lens on a tiny point , it produces heat , and that heat can ignite wood Fabric, paper, and so on Similarly, when you focus your mind intently Its

concentrated energy To burn away the evils and roots of doubt, the cause of all failure , and to make the light of wisdom shine with brilliance and radiance

When thought is in harmony with God The source of all goodness and the origin of all blessed powers , he becomes aware of the divine presence and possesses all the elements of success These elements are closely linked to the immense power of God , capable of creating new reasons for success in any field

May God crown the good endeavors and benevolent efforts with success

Troubles and difficulties arise from a person's lack of awareness of their past actions, committed at a particular time and place Their current suffering stems from thoughts and deeds they uttered, which took root in the soil of their consciousness, sprouting into a plant and bearing fruit that reflects the very characteristics of those thoughts and actions

When you look at the sun millions of miles away in space, that enormous star appears much smaller than our Earth Yet, Earth's diameter is approximately 7,900 miles, while the sun's diameter is a hundred times greater If you could place our planet Earth directly in front of the sun, it would appear as a tiny dot compared to it Imagine the sun's vast expanse expanding until its immense mass engulfs the entire blue sky The sky we see is but a tiny fragment, a mere speck, of the infinite space that permeates the universe Even if

the sun continued its expansion into infinity, it still could not encompass the infinite This cosmic illusion of smallness and finitude limits the mind's ability to grasp the vastness of the universe , its origins, and its boundaries

He who is not subject to dimensions and measurements, who has no limit and no origin, is God, who is omnipresent and exists in the farthest reaches of space He is in the distant, remote stars , just as He is within you and within me , and He is consciously aware of every space He occupies No matter how small or large From the book " Man's Ultimate Goal "

Supplications

Oh, Lord

Take my hand from darkness to light

O cosmic stillness

I hear your voice in the murmur of the streams and the warbling of the nightingales

In the wailing of the wind, the roar of the waves, and the thunder of the vibrations

O beloved Lord

I worship you not with words, but with the longing of a heart burning with yearning for you

Let me see your vast expanse

Your constant presence behind everything

Perhaps I will realize that I am a part of your unchanging being for all eternity

O overflowing ocean

If only the winding rivers of my desires could flow through the deserts of obstacles and impediments

Finally, your greatest turmoil has blended

Help me to listen to your voice, Lord

The cosmic sound from which the vibration of the universe emanated

Let me perceive your presence through the blessed sound (Om - Amen)

melody Holy for all blessed voices

Expand my awareness as I listen to the symphony of existence

Let me feel like the cosmic ocean

And the body's rippling movements dancing on his chest

Let the most sacred voice resonate within me

Expanding my awareness from the body to the universe

May I feel perpetual, all-encompassing bliss

Exploding from a sea of overflowing light

O infinite power

O eternal wisdom

Charge my soul with your spiritual vibration

O voice of the blessed cosmic word

Correct my mistakes

I need

Take my hand from darkness to light

Whenever I think of You, O Lord, a flood of burning longing is born within me, shaking my feelings and flowing from my heart to every cell in my body, charging it with divine love

My greatest wish is to reach the very core of your being and revel in your presence

And suddenly the door of the soul opens, and I am overwhelmed with joy at the sight of your radiant light!

The past is unknown to most of humanity, with the exception of a select few enlightened individuals Yet, our ignorance of the past is also to our advantage For if we knew everything we have done in this life and in previous lives, we would be overwhelmed by the sheer volume of our actions and utterly bewildered Indeed, our will might even be paralyzed by the shock, rendering us incapable of continuing our pursuits and leaving us prey to despair Even in this earthly life, forgetfulness is a blessing from God, preventing the memories of the past, especially the bitter and painful ones, from overwhelming our thoughts and feelings

But thankfully, the divine spark within us always shines with hope and the desire to continue life's unending journey We must thank God for these two blessings: forgetting the past and hoping for the future

We should not conclude that fate places obstacles in the way of free will However, we must do our utmost to resist the negative influences that most people attribute to fate and destiny, and exercise our freedom of choice according to our inner convictions, provided that these convictions are based on sound faith and grounded in divine laws, without which a person cannot taste true happiness

When we embark on a task, we should not be intimidated by adverse circumstances, but rather

be optimistic to the utmost degree, with absolute faith that nothing can stand in the way of exercising our will and practicing our freedom of choice

If we fail to achieve our goal, it's acceptable to implicitly acknowledge that there were obstacles of our own making that prevented us from reaching it We must persevere and redouble our efforts to achieve our objective We must also affirm to ourselves that no matter how strong and formidable the obstacles and challenges may be, we still possess enough strength to remove them and overcome them Even if we fail despite all our attempts, there is no need for despair and frustration, as long as we understand that human will is stronger than destiny, which is of our own making Therefore, we must not cease trying, no matter how many times we fail, because there are always open doors We simply need to continue striving and repeating the attempt until success is granted to us God will provide us with assistance as long as we rely on Him and exert our effort He who walks the path will reach his destination, and he who trusts in God will not be disappointed

When a person desires something , and that desire is strong and urgent , that desire never leaves their consciousness , wherever they go and wherever they turn , and whatever their preoccupations and concerns may be Through its constant and persistent activity , that desire possesses tremendous determination and energy This intellectual whisper is stronger and more

effective than mechanical supplication , which does not go beyond moving the lips This is what lovers of God do ; they whisper their love for God without ceasing , and their whispers are heartfelt and inaudible , throughout all their daily activities This heartfelt whisper does not distract them , nor does it conflict with their other duties As their desire for God grows , their love for Him strengthens and deepens , until they touch His presence and see His light with the eye of the soul , tasting overwhelming joy and feeling a peace beyond description

God sends us lessons that we need in life so that we may benefit from them and gain understanding and experience Whoever avoids those lessons will be forced to learn them No matter how long it takes

Every test is a friend if we learn from it , and a tyrannical despot if we squander the opportunity and misuse it through complaining , resentment , and poor judgment

When we possess a sound understanding and the right attitude towards life , it becomes beautiful And free from complications

psychological cases

A person cannot remain forever carried on a wave of joy , or submerged beneath turbulent waters of sorrow , or drowned in the depths of boredom In this world characterized by conflicting dualities, The average person is subject to ups and downs He rises on a wave of joy and plunges into the depths of indifference , and is tossed about by

raging waves of sadness And he rarely knows of any other state of consciousness Allowing circumstances to toss thought about in this way It means surrendering one's will to a capricious and volatile fate

What a person needs to live a successful and fulfilling life is mental balance
This can only be achieved by focusing the mind Controlling psychological faculties

Even the deepest sorrows heal with time , so there is no point in dwelling on grief Every single day of our lives Prolonged grief over a departed loved one neither helps him nor us , and it does not change anything in reality Developing an inferiority complex or self-punishment Dwelling on past mistakes or failures is useless It only makes life miserable and stifles mental abilities

We must not allow ourselves to fall into the pit of boring routine , because that is a psychological state that is far from comfortable , as it worries the mind and burns away latent abilities in the furnace of apathy

Failure must be eradicated from its roots, and the fields of life must be plowed with diligence and determination and sown with seeds of goodness in order to reap a bountiful harvest with God’s help

Iron in the Silver Jubilee

I was once invited to a silver jubilee celebration for a couple who seemed to be one of the happiest couples , but the moment I entered their home I sensed something was wrong I asked two of my students to observe how they treated

each other during the evening, and they later told me The husband and wife smile at each other in front of others and address each other with the sweetest words like "Yes, my dear" and "Of course, my love," and other such friendly phrases But as soon as they think they are alone, they bicker and direct hurtful words at each other

I spoke to them and said : You invited me to attend your party, but the atmosphere is tense and I feel there is a great deal of discord in this house, and it seems to me that there is a lot of iron in this silver jubilee

At first, they were offended , but they later admitted I was right and apologized She continued, saying : What do you gain from arguing and quarreling all the time?

It seems you're living together to maintain your reputation as a perfect couple, but you need to be that way with each other and live in peace and harmony for your own happiness and peace of mind

Magnetic food

When people talk about food or nutrition, they usually mean the physical food consumed to sustain the body However, there are other types of nourishment that are no less important than physical food, and are often even more so , such as intellectual or spiritual nourishment Mental activity or concentration of mind, wisdom and spiritual discernment

Physical food sustains the body's cells, while intellectual food fills the mind with healthy ideas,

and the food of wisdom revitalizes the soul and develops its faculties

Intellectual nourishment usually consists of the ideas that a person thinks and those he receives from others through contact and interaction with them

People with calm temperaments and noble dispositions help to make our thoughts magnetic and healthy

It's not difficult to determine whether a person draws their intellectual nourishment from a peaceful or a disruptive environment Anxiety, distress, and confusion all stem from associating with the wrong kind of people, whether friends or relatives This causes anxious thoughts and a bad mood

The body derives energy and vitality from physical foods, while magnetic foods supply both the body and mind with energy charges that are more easily digestible than solid and liquid foods, which cannot be easily converted into living energy

When you can transform ignorance into wisdom , weakness and frailty into health and vitality , and walk confidently and boldly – even alone – on the paths of life , and experience inner joy in possessing a living and vigilant conscience , and unwavering faith in God's justice and the triumph of right over wrong and truth over illusion

And when you try every day to release your thoughts towards higher and more refined levels , and you possess a loving and grateful heart , and good intentions towards others , your intellectual

nourishment will be magnetic , and you will then attract to yourself all that is beautiful and useful , from things, people and circumstances , that are needed to continue the journey towards the shores of security and safety

When you exert effort to obtain what you need , and are content with what God provides, you will be richer in spirit and more satisfied than those who are obsessed with worldly possessions and covetous of its fleeting pleasures

When a person seeks God , who is the only true friend , beyond all friends , it becomes possible to establish genuine friendship in all human relationships : familial, fraternal, marital, and spiritual

Friendship is a vital element in marital relationships , and priority should be given to intellectual and emotional closeness , a sense of moral attraction , and genuine love and friendship

Those who cannot distinguish between true love and sensual attraction are disappointed time and time again

When marriage is founded on high ideals and mutual respect , it becomes a happy and successful union between two loving souls And they cooperate to ease the burdens of life for each other , and dispel the worries of living through compassion And mutual, friendly understanding

No one can control me or take away my will , unless I allow the thoughts and actions of others to influence me

Lord , I realize I have an endless opportunity before me To explore my abilities and discover my spiritual potential , I will replace material attachments with higher aspirations And I will realize that the faithful spirit is always with me

Today I will fill my thoughts with a dose of optimism , I will distance myself from unpleasant experiences , and I will practice what will nurture the body, mind, and spirit In a balanced and consistent manner

The dance of life and death is ever-present , but I will liberate myself forever by safeguarding my spiritual identity And when the storms of trials and tribulations confront me , I will set sail in the vessel of my soul Across the sea of life To the safe, divine shores

When I work and create I will remember that God works through me ; He is the Lord of the universe And I can connect with him by meditating deeply on him

My dear God , I realize that my thoughts will bring me either failure or success , depending on which thought is the strongest in my life Therefore, I will try to remember that you are extending a helping hand to me And it prepares me for the reasons of success

When calamities and misfortunes befall me , I will raise my spirits and strengthen my resolve to overcome them I will adopt sincerity and honesty in my dealings and interactions with everyone , and I will unleash thoughts of love and good wishes

Then God will support me with His power and wisdom

Lord , I will use my willpower and intellect to accomplish small things first , and then move on to bigger achievements

Even if all material ambitions are fulfilled , they still only bring incomplete happiness , and finding God is the only true happiness I will discover inexhaustible reservoirs of joy And it never ceases to flow and run , in the gardens of the soul and its evergreen meadows

Golden sayings

Happiness is my right, my inheritance, and my hidden divine treasure Guide me, O Lord, so that I may find within myself the treasures that surpass the dreams of kings

* * *

The divine inhabitant of hearts illuminates in his disciples - out of his mercy and compassion - the shining lamps of wisdom that dispel the darkness of ignorance

* * *

Life is an intelligent movement with a regular rhythm It shapes itself in inanimate objects, or takes on a living and moving form Life is all-encompassing and permeates everything

* * *

O Greatest Lover, You are life itself You are my goal and my aspiration Make me a blooming rose in Your heavenly garden, or a sparkling bead in the necklace of Your radiant love, or grant me the greatest honor: the smallest place in Your heart

* * *

Wherever others appreciate my efforts in doing good, that is where I can provide the greatest service

* * *

Let us weave a golden carpet of dreams with silken threads of sweet memories and refined thoughts

* * *

An empty mind [devoid of positive, constructive thoughts] is a factory for trouble, anxiety, despair, and hopelessness

***

If universal love settles in your heart, it will bring you lasting and renewed happiness that nothing else can give you

***

The flowers of life blooming in the garden of earthly existence are exquisitely beautiful and pleasing to behold But even more magnificent and splendid is the wellspring of beauty and wisdom that exists somewhere, from which we came and to which we shall return and mingle once more

***

When the disciple wakes up in the morning, he affirms to himself: “I am not the body, I am an invisible spirit… I am joy… I am light… I am wisdom… I am love And although I dwell in this body, my spirit is immortal and untouched by decay”

***

Just as dewdrops help flowers bloom and grow, so kindness nourishes friendship and promotes its growth

* * *

There are waves that appear on the surface of the ocean and waves that disappear into its depths; in both cases, they are within the ocean and one with it Similarly, humans who float during "life" on the surface of the cosmic ocean or who disappear within it at "death" are equally within the ocean of eternity

* * *

The moon's reflection is not clearly visible in turbulent water, but once the surface of the water calms, the moon's reflection becomes perfectly clear The same is true of the mind: when it is calm, you can see the face of your soul with complete clarity and precision

***

Send, O Lord, the rays of the sun of Your wisdom to guide me in my happy days of achievement, and the light of the full moon of Your mercy when I walk through the dark nights of sorrow

***

Meditation is the means by which you connect with the universal mind, and when you harmonize with that infinite awareness you will be able to know all the secrets of creation

***

The desire to get closer to God and to know Him does not come on its own, but must be cultivated, and life has no value without that desire

***

Earthly life is a temporary stop, and humanity's primary duty is to understand the purpose and goal of this journey That purpose is to know God, and it cannot be anything else

***

Your peace is your precious treasure, so do not allow anyone to take that treasure from you

* * *

Learn to stand alone, safe and secure in the fortress of your virtues and self-worth

* * *

Everything exists because God exists And because He exists, you also exist Thanks to His existence, you enjoy the comforts and joys of life Therefore, your gratitude to God should be profound

***

Good books can be silent, polite, and respectful friends Don't abandon these books in your difficult moments, for they will never leave you, unlike physical friends who may desert you

***

Anyone who possesses good health, a comfortable life, and great mental capacity, yet lacks happiness, has not yet succeeded in life When you can truly say, "I am happy, and no one can take my happiness away," you have found the image of God within yourself

***

Emphasize calm and peace, and send only loving thoughts and good intentions if you wish to live in peace and harmony Live a life founded on righteousness and piety, and all those whose lives are connected to yours will benefit simply from being with you

***

If you have no friends, or if your friends are wasting your time, or if you don't get along with them, then let books [and materials] that hold wisdom be your friends, as you can pass through the doors of their pages into a world of amazing and exciting ideas

***

Finding God means getting everything the heart desires, and being spiritual means opening the doors to health, happiness, and success

***

Within us lies a spark of divine power that creates and sustains all of life and it awaits to be ignited

***

Reading is a very beneficial mental activity; it exercises the mind and keeps it flexible An hour or two of reading daily will give anyone a diverse knowledge base within a few years, provided they choose worthwhile books Don't waste time or harm your mental abilities by reading cheap novels or trivial books that have no purpose or meaning

***

Those with social inclinations will find in valuable books a new energy to help humanity through the lessons contained in books written by noble, talented men and women

* * *

Reading is a very beneficial mental activity; it exercises the mind and keeps it flexible An hour or two of reading daily will give anyone a diverse knowledge base within a few years, provided they choose worthwhile books Don't waste time or harm your mental abilities by reading cheap novels or trivial books that have no purpose or meaning

* * *

Selfishness and pride must be eliminated because they are the biggest obstacles to spiritual knowledge

* * *

Without a sense of God, this world seems filled with conflict, violence, and bitter disappointments Happiness lies in feeling close to God

* * *

Those who know God possess constant joy and happiness in their hearts Because they feel blessed security and tranquility, storms of anger cannot shake them, nor can fear enter their hearts

* * *

Good books are your best friends; through them, you can hear the great minds speaking softly to you, comforting you and offering the best advice Failing to cultivate a genuine desire to read good books means losing the legacy of generations

* * *

Without divine assistance, people are bound to fail, for the strength and wisdom needed to succeed in the battle of life come from an infinite source When a person ignores God, they sever the lifeline that provides them with the help and support necessary for success

Seekers who knock on the door of spiritual opportunities will find that the door is opened for them because God helps those who help themselves

When you are in harmony with God, all of nature is in harmony with you

* * *

Love is like sandpaper that polishes the mind and removes roughness from character

* * *

When you suddenly find God everywhere, and when He comes to you, inspires you, and guides you, the story of divine love has begun

* * *

May love radiate in hearts and send healing rays to others

* * *

Seek to know God while you are young and strong, for in old age and illness you may no longer be able to search for Him At the age when people begin to understand the true meaning of life, the body becomes weak, and they spend the rest of their lives tending to their fragile physical faculties instead of seeking the truth

* * *

I will take the best from every people, and I will appreciate the good qualities of all nationalities without focusing on their flaws

* * *

Just as we care about the nutritional value of our daily food, we should also pay attention to the psychological nutrients we provide to our minds every day

* * *

Kind words are a wondrous remedy for many ailments, possessing a powerful, almost magical, magnetic force that brings abundant blessings and prosperity to their speaker Those who use soothing, gentle words feel a subtle current flowing through them without interruption, their being filled with a profound sense of tranquility This is because this current is connected to its higher source, a constant flow that reaches souls in harmony with that source, enabling them to transmit happiness to those yearning for peace

* * *

How many kind words from the heart have dispelled many sorrows and how many wise voices have illuminated dark paths with lamps of joy and tranquility!

* * *

We grow through every experience we go through, as long as we realize we can learn valuable lessons from them Every pain and suffering we experience has meaning and purpose Despite the harshness of these experiences, they

are like fire that melts iron ore, transforming it into beautiful, strong, and versatile steel

* * *

All the remarkable achievements in my life have been accomplished through the power of a mind in harmony with God When the divine generator is running, everything I desire comes to fruition without exception, first taking shape as an invisible, ethereal design and then manifesting with irresistible force in reality

* * *

When the mind whispers to God a heartfelt, fervent whisper from the depths of a yearning soul, the spirit's call will touch the universal heart, and the answer will come, bringing with it immense joy This intellectual whisper cultivates the will until it possesses the strength necessary to achieve the desired goal

* * *

When a person’s mind and will are in harmony with God, they are charged with limitless power, so that merely thinking about something is enough to achieve it, because divine law works in favor of those who are in harmony with the supreme will

* * *

Whatever our concerns may be, God should occupy first place in our lives One of the most important elements of spiritual growth is the continuous heartfelt whispering to God, where you will personally experience a wonderful positive change that will impress you greatly

* * *

Man should not devote all the mental abilities that God has given him to searching for fleeting things, otherwise he will lose himself in the labyrinths of materialism and create for himself restrictions and limitations that he does not need Instead, he should use his mental powers to obtain the necessities of life and strive to develop his spiritual faculties to distinguish between right and wrong, and between harmful and beneficial

* * *

The truth lies beyond opinions and theories, and many who adopt this approach become bound by their own subjective conclusions

* * *

Open, O Lord, the gates of tranquility and guard the sanctuary of my spiritual thoughts from the attacks of evil whispers And let the roses of my longings bloom in the garden of my heart as I await the dawn of Your coming

* * *

* Theoretical knowledge is incapable of acquiring divine knowledge, and it is advisable not to waste one's precious time on theories that cannot be applied in reality, otherwise one will find oneself in the midst of dense intellectual jungles and unable to transcend the realm of theories

* * *

Happiness is the fruit of psychological victory over the volatile circumstances of life

* * *

He whom God recognizes may be unknown to the world

* * *

If a person programs himself with theoretical knowledge [without actual testing], he will become like a portable recording device that repeats proverbs and echoes lofty phrases, and others will consider him a learned scholar, but such knowledge is not reinforced by a direct perception of the truth, nor is it matched by spiritual attainment

* * *

Problems will persist in the world, so where can one turn for guidance and direction? One's thoughts, influenced by habits, prejudices, biases, and fanaticism, are of no use, and the influences of one's environment, family, country, or world are incapable of providing true guidance Therefore, one must turn to God and listen to the calm, serene voice emanating from the depths of the soul, a voice in harmony with truth

* * *

Open your hearts to the divine outpouring so that it may flow through you and fill your lives with spiritual blessings and goodness

* * *

Whatever work you do and whatever achievements you can accomplish, always remember that God is the source that provides you with all the strength you need to work and achieve

* * *

* Let me remember you, Lord, in poverty and in prosperity, in sickness and in health, in ignorance and in wisdom, and let me see your

blessed light that grants wellness and healing in the moment

* * *

In the solitude of my thoughts, I long to hear your blessed voice Banish from me the harsh, earthly voices hidden in the folds of my memory I want to listen to your calm, melodious voice forever in the tranquility of my soul

* * *

Life is shrouded in darkness, and we must let God's light be our guiding lamp as we walk through its dark paths He is the full moon in the nights of ignorance and darkness, the sun of enlightenment in the hours of awakening, the beacon of guidance, and the North Star for those traversing the seas of earthly, fleeting existence

* * *

It is time for humanity to awaken from its slumber of forgetfulness to a spiritual awakening We ask You, O Lord, to raise our consciousness from the depths of heedlessness and narrow, limited thinking to the horizons of peace, light, love, and universal human compassion

* * *

Things will eventually get better because God’s powers and wonders are hidden behind the contradictions of human life, and whoever is not convinced of the inevitability of the situation and tries to penetrate with his mind and faith to what is beyond the veil will have the door opened for him

* * *

Faith never means being reckless or not dealing wisely with circumstances Rather, regardless of what happens, a person must assure himself that God alone is able to support him in difficult and trying circumstances if he turns to Him with all his heart, soul, and feelings

* * *

If our senses could convey the whole truth to us, we would see the earth as rivers of electrons, and every speck of dust as a rolling mass of light Those who penetrate the realm of the material to the spiritual understand the nature of illusion and know the essence of truth

* * *

Whether in the African jungle, on a battlefield, suffering from illness or poverty, one must convince oneself that God's hand is stronger than any danger and capable of protecting those who seek refuge in Him There is no more effective means of protection Of course, one must use reason in dealing with events while simultaneously placing complete trust in divine assistance

* * *

The love that dwells in the hearts of all creatures—the love of all mothers, fathers, friends, and loved ones—is derived from divine love

* * *

A distinction must be made between major and minor duties, prioritizing the most important over the merely important Furthermore, no duty should contradict another The scriptures tell us

that when one duty conflicts with another, it is evidence that it is not a true duty

* * *

As the sun's vital rays spread, I will spread rays of hope into the hearts of the poor and the abandoned [those whom society has forsaken], and I will instill new determination in the hearts of those who think they are failures

* * *

The teacher Paramahansa said to one of his disciples:

"Don't exclude anyone from your circle of love Keep everyone in your heart and they will keep you in theirs"

* * *

Lord, help me to always use my will to accomplish beneficial and good deeds

Help me to conform to Your will so that all my thoughts respond to Your purposes and are in harmony with Your will

He helped me awaken the hidden, blessed power within me so that I could overcome all difficulties and trials

* * *

Wake up to that bold and humble spiritual personality – one that combines the strength of lions with the gentleness of doves

* * *

I will not care about bitter, false criticism, nor about lavish praise and flattery My only wish is to do Your will, O Lord, and gain Your favor

* * *

You cannot imagine the overwhelming joy that will fill you when you feel the divine presence Your soul will then be intoxicated by God's boundless love It is a love millions of times greater than any human love—a love that fulfills all your desires and fills your heart with joy and contentment

* * *

Through inner focus, you can directly experience spiritual bliss within yourself and around you If you cultivate this awareness, your personality will grow harmoniously, and you will acquire an attractive magnetism for people and other beings

* * *

O Great Protector, I do not care if I lose everything because of my destiny, which is of my own making, but I ask you, my only refuge, to protect the candle of my love for you from the winds of heedlessness and forgetfulness

* * *

Let us drink to our fill of the pure, refreshing waters of peace flowing from the springs of favorable circumstances, enhanced by our firm resolve to think positively and have an optimistic outlook

* * *

Conscience is an intuitive sense that reveals a person's true nature and motives When your conscience is clear, and you know you are doing what is right, you have nothing to fear A clear conscience is a testament to good conduct from God Being acquitted in the court of conscience

means possessing happiness and receiving God's blessings

* * *

Try doing bold and pleasing things that most people don't do, and give love and peace to those whom others overlook

* * *

The teacher Paramahansa said to one of his disciples:

"If you do not spend time cultivating the mind, no amount of material prosperity will satisfy you This cultivation is not torture but rather training of consciousness to nourish the thoughts and actions that lead to happiness"

***

Your happiness is your success, so don't let anyone steal it from you Protect yourself from those who try to bother you When I was a boy, I used to lose my patience whenever some people spread false rumors about me Later, I realized that my peace of mind is more important than people's approval or admiration

* * *

If only you knew the story of divine love that some devotees experience with God! No other experience in life can compare to that joy I knew a saint who was constantly absorbed in the love of God, and his face radiated holy love God's eye is always upon those who love Him, and He never abandons them for a single moment

* * *

Few are those who are interested in developing their mental and spiritual powers

* * *

Do not allow yourself to sink to the bottom of procrastination Rise from the slumber of boring ordinary reality and set off towards the horizons of a refined life where there is achievement, joy, and peace

* * *

Within you lie tremendous potential waiting to be invested, and you are the only one capable of activating and benefiting from it

* * *

Liberation from the dictates of bad habits and unhealthy desires brings far greater happiness than material success In intellectual success lies a psychological well-being that external circumstances cannot take away You can spend all your time accumulating wealth, but that wealth will not give you the lasting peace and security you seek On the contrary, it will bring you more unhappiness because true happiness and peace reside in the mind, not in material possessions

When you are firmly established in your true self, you accomplish every task and enjoy all good things with divine joy

* * *

Do not allow weakness to seep into your mind, and be cautious when associating with people who have negative thoughts and a pessimistic outlook, lest their weak thoughts seep into your mind, unless your mind has reached a degree of strength

such that the thoughts of others cannot weaken it, but rather, on the contrary, it is able to strengthen the thoughts of others and enhance their self-confidence

* * *

God comes first, and we should not begin or end our day without thinking of Him We must remember that without the strength and energy we receive from God, we would not be able to accomplish anything Therefore, our greatest duty is towards Him

* * *

There is a way to evaluate and judge customs and traditions Initially, every tradition had a justification If we find that justification still exists, then the tradition has meaning and benefit However, it is unwise to follow traditions blindly We must know the truth and follow it, discerning what can bring us happiness and then applying it

* * *

When you see so many people lacking happiness or success, don't assume that's their destiny You can make yourself whatever you want to be Your inner success is what truly makes you successful

* * *

If you have nothing within yourself, you will not be happy But if you have nothing around you and are happy within yourself, you are undoubtedly successful Thus, it is impossible to judge people based on their external circumstances

* * *

Among the vast crowds, there may be a person who has reached a state of spiritual elevation and enjoys inner peace and supreme spiritual happiness

* * *

I know for certain that everything I need will come to me, and therefore I do not worry about what the future holds This is not boasting or pretense, for I have experienced the work and effectiveness of that blessed power in my life many times

* * *

Whether I'm floating on the surface of life or drowning in the depths of the sea, I know that I am with God and He is with me, and that nothing can harm me That knowledge has given me an indescribable and profound happiness

* * *

There's no doubt that buying something new is a pleasurable experience But after a while, that joyful feeling gradually fades, and you might even lose interest in it altogether, forgetting about it and desiring something else However, the bill for that item won't be forgotten, especially if you bought it on installment!

* * *

A person should take control of their life and simplify it as much as possible They should save some money for necessities and emergencies, prioritize saving over spending on luxuries, and help others to the best of their ability When you

help others, help will come to you in one way or another, and you will lack nothing and be deprived of nothing

* * *

In the joy of all hearts, I hear the echo of Your bliss, O Lord, and in the friendship of all the faithful, I feel Your love I rejoice and my heart is gladdened by the success and prosperity of my friends, just as I rejoice in my own well-being and ease As I inspire wisdom in others, I multiply the treasures of my own wisdom, and in the happiness of all, I find my own

* * *

The greatest enemy of happiness is borrowing money to buy luxuries People mistakenly believe they cannot be happy unless they acquire something specific But even after acquiring that thing, they will not experience true happiness, despite the temporary joy it brings What is the point of chasing after the mirage of earthly happiness that promises only to break? People should live simply, without needing numerous possessions that require constant attention

* * *

My paradise is within me As I enjoy God's blessings, I thank Him, and my inner joy grows Without that inner contentment, even earthly pleasures and delights become hell I have come to realize that without that inner joy, the burden of responsibilities placed upon me would have robbed me of my peace and deprived me of my happiness

* * *

If wealth is coupled with illness and problems, the consequences will be numerous Hygiene and healthcare are among the West's strengths Harmful insects and deadly germs are effectively controlled in developed countries, while they are abundant in others But eliminating these pests is not the pinnacle of achievement, because other kinds of afflictions exist in developed countries, such as difficult-to-pay bills and suffocating financial crises due to installment buying systems —afflictions that disturb sleep and undermine peace of mind

* * *

We are an integral part of the same consciousness from which this great universe emerged

* * *

Have you ever seen a flock of sheep? If one of them jumps, the rest of the flock imitates it without hesitation Most people are like that Someone might come up with an idea or introduce a new trend, and others will immediately jump on the bandwagon and copy it This pattern has persisted for generations Every nation has its customs and traditions, and we can't claim that all of them are correct or sound But who knows? Perhaps some of those customs and traditions are meaningless and pointless

* * *

When the turbulent storm of thoughts subsides, we enter the kingdom of peace and touch the divine presence

* * *

Think of God, or a beautiful landscape that inspires peace, or a joyful and delightful experience Positive, calm mental activity is invigorating and refreshing

* * *

We live in a chaotic and turbulent world You might think money means happiness, but when you acquire it, you find you're still unhappy You might acquire wealth and lose your health (God forbid) Or you might have good health and lose your money Or you might have both wealth and health but suffer numerous problems with others, offering kindness only to be met with hatred and resentment in return Without God, nothing in this life can truly satisfy you

* * *

The earth becomes a torture chamber for those who live in ignorance of the divine plan But when you view life's experiences as your teachers and learn from them the true nature of this world and your assigned role in the cosmic drama, those experiences become valuable illuminations on the path to lasting contentment and happiness

* * *

There, beyond the undarkened gloom, the soundless stillness, and the uncreated nothingness, lies the eternal essence, which is the origin of existence and the source of all powers and beings, visible and invisible

* * *

God did not create this earth for us merely to eat, sleep, and die, but so that we might know His will and understand the purpose of our existence A handful of wise people have grasped the meaning of the cosmic plan, but most people are blind and unaware of that purpose

* * *

Money was never my goal in life; my goal was to serve my brothers and sisters in humanity Therefore, God opened many doors of opportunity for me to support myself and fulfill my mission

* * *

God created this universe to operate according to a fixed and unchanging law If we violate any of these universal laws, we punish ourselves Someone who jumps from the roof of a tall building will break their bones Therefore, we cannot ignore the law of gravity without suffering the consequences

* * *

When we take a deep look at the world’s civilizations and explore the hidden secrets of ancient civilizations, a large picture emerges, with intertwined lines, diverse chapters, and precise details, and we find that man is both individual and social in nature at the same time

* * *

If God wanted us to live only in material consciousness, we would be completely satisfied with material things and content with worldly ways

* * *

Rays of purity, peace, and happiness beyond dreams flicker and dance in our essential depths

* * *

With each experience that appears in the sky of our lives during this earthly journey of ours, we must learn how to broaden our awareness and how to be more understanding of the circumstances that surround us or that we go through, and then we will be able to live in better harmony and deal more smoothly with people and life

* * *

Most people imitate others A person should be original and creative, and master everything they do

In the East, the primary focus has been on cultivating spiritual happiness, while the material aspects of life have often been neglected In the West, there are some material comforts but very little psychological happiness What is needed is a balance between the two, because focusing on only one aspect of life leads to imbalance and an inability to deal rationally with life's demands

* * *

The greatest happiness - after divine happiness - is for a person to be at peace with his immediate relatives with whom he has to live every day of the year

People waste a lot of time rushing and acting impulsively without accomplishing much Few pause to reflect and try to understand what life has to offer

* * *

We must work to construct inner edifices of wisdom in gardens of peace that flourish and shine with countless flowers of wonderful spiritual virtues

* * *

Inner harmony is a rich source of strength and generates renewable energy

* * *

Looking at life, one finds that success is not easy Life is often harsh and unforgiving, and we must struggle to earn a living Think of the effort required to sustain your body and keep it healthy and free from illness! Even if you succeed in this, that success is temporary The body—may you live long—will eventually be laid to rest Necessity dictates battling numerous forces, both internal and external, to achieve the desired success These forces work tirelessly to rob you of any truly significant accomplishments

* * *

Try to remain calm under all circumstances, and let the seed of your peace bloom with cheerfulness and smiles of contentment

* * *

Even the greatest saints do not attain complete salvation unless they share their success —their spiritual experiences and higher knowledge —with others by helping them reach spiritual understanding This is why those who have reached such stages and attained such states are eager to impart understanding to those who need it If you desire true success, you will not only secure your own happiness but also the happiness of others

* * *

Anyone with intelligence can make money But if they have love in their heart, they will never use that money for selfish purposes; rather, they will share it with others Money is a curse and a misfortune in the hands of the selfish and the miserly, and a blessing and a gift in the hands of those with kind hearts and generous souls

* * *

Someone might choose to remain silent for an extended period, refusing to speak to their family While this person might achieve a degree of inner peace, their behavior is selfish and detrimental to their family's happiness They cannot be considered truly successful unless their loved ones also benefit from their accomplishments Similarly, achieving material success is not merely about our right to enjoy prosperity alone; it also entails our moral responsibility to others to help them improve their financial and living conditions

* * *

I am protected behind the walls of my clear conscience I have burned away the dark past and I am only concerned with today

* * *

Today I realize that I am one with the light of the greatest good and that I am a beacon for those who struggle against the waves of the sea of sorrows

* * *

People have different views and theories about success, depending on their ambitions in life It's

not uncommon to hear some people equate success with theft, saying things like, "He was a successful thief!" This underscores that success in all its forms and varieties is desirable and sought after However, our success should not harm others

There is also another criterion for success: when we are able to bring about harmonious and beneficial results for ourselves, we should also include others in our success and share its fruits with them

Success means a person's contentment and satisfaction within their environment True success is the result of actions founded on principles of righteousness, and it encompasses the happiness and well-being of others as an integral part of one's own happiness If we apply this principle to our material, intellectual, moral, and spiritual lives, we will have a complete and comprehensive definition of success

* * *

Here in this limited world, we perceive length, width, and density, but there is another level where dimensions do not exist; everything is clear and transparent—everything is consciousness and perception The sense of taste is perception, as is the sense of smell Our feelings, thoughts, and bodies are states of consciousness Just as we can see, hear, smell, taste, and touch in dreams, so too, on that higher level, do we experience all these sensations through pure consciousness

* * *

O Lord, make us happy by feeling Your nearness, free us from the shackles of desires, and grant us an inner joy that is not affected by life’s experiences and its changing events

* * *

When our minds are in tune with higher perceptions, spiritual consciousness awakens within us and we experience amazing wonders of divine wisdom and love

* * *

If we love God completely and turn to Him with all our thoughts and hearts, we will feel close to Him and we will find that He is the greatest haven of security in life

* * *

In the seemingly empty, vast expanse of space, there is a cosmic connection and an eternal life that unites us with all living and inanimate things in the universe—a wave of supreme life flowing through all existence Eternity is our true home and permanent abode, and our existence in these bodies is temporary, like a brief respite for a caravan traveling across the desert

* * *

When we align ourselves with the creative forces of the spirit, we will connect with the universal and infinite mind capable of guiding us and solving our problems Creative power will flow to us uninterrupted from the greatest source of our being, enabling us to achieve creative success in any area of our activity

* * *

Love grows and flourishes in an environment of trust, tolerance, and mutual respect

* * *

Bless us, O Lord, with the light of pure thoughts and good habits, so that if the darkness of bad habits and deviant thoughts approaches us, it will be immediately dispelled And help us to love You with a love so profound that neither material illusions nor worldly temptations can ensnare us or seize our minds and hearts

* * *

Things that are easily obtained are rarely valuable We know this from studying the lives of great men and women and how they became great by developing their talents, fulfilling their duties, building their moral values, their in-depth studies, and their avoidance of selfishness The results they obtained and the achievements they attained were immeasurably greater than the efforts they made

* * *

True freedom lies in the freedom of choice guided by wisdom and supported by understanding, correctness, and a firm will

* * *

When you awaken your will, determination, and conscious discernment, unseen forces are unleashed from higher consciousness—through the insight of the soul—to assist you and to illuminate the paths leading to psychological comfort and happiness, with God’s help

* * *

A person must open the channels of the soul through their own effort No one willingly chooses suffering and misery over peace and happiness Ignorance is the root of suffering and the obstacle that must be removed and eliminated Ignorance is a harmful weed, deeply rooted, that grows in the garden of humanity, crowding out the good and beneficial plants Ignorance must be overcome with unwavering will and resolute determination The soil of the mind must be tilled with precise mental focus [on the positive] and the good seeds watered with the water of faith When the vital and warm rays of love shine, the seed of goodness will grow and overcome the parasitic weeds and grasses, for darkness cannot exist in the presence of light

* * *

The pleasures of material things fade and disappear, but divine joy never dims It is a divine happiness that is endless and beyond description

* * *

We must never use misguided methods to achieve happiness, nor should we abandon the peace and spiritual wealth we possess within ourselves in pursuit of illusory comfort and a glittering life that may be dangled before us by hellish actions and behaviors with destructive effects

* * *

Serenity is the best camera for capturing the divine presence Through the lens of pure and precisely focused tranquility, the blessed image will appear with perfect clarity

* * *

In fact, all wisdom is within yourself and all you need is to become consciously aware of it

* * *

Contentment lies in self-improvement, so that others seek you out rather than you seeking them out Love and friendship should be given without expectation or demand in return, for expectation breeds resentment and bitterness Even when striving for self-improvement, one should stand alone, secure and at peace within the fortress of one's virtues and self-worth

* * *

May waterfalls of joy and optimism always flow from my heart, and may their refreshing spray touch all those I meet

* * *

Spiritual joy generates in the soul the desire to help others in every way, and develops the ability to appreciate the refined moral pleasures that lead to happiness, thus reducing the inclination towards crude pleasures

* * *

No matter how small your role may be, it remains as important as the greatest roles in terms of contributing to the success of the cosmic play that souls perform on the stage of life

* * *

Universal consciousness is an absolute, infinite consciousness, constantly renewing itself and inexhaustible in its creativity, and through you it tries to express a unique aspect of itself

* * *

If you taste divine love even once, you will never give it up because there is nothing else like it in the entire universe

* * *

Those who know God have reached very advanced spiritual stages, such that they are not content with merely offering spiritual advice to sinners, but they can – by the grace and help of God – charge them with the spiritual power that liberates them from the consequences of their sinful deeds

* * *

All good and evil actions reside within brain cells and manifest as virtuous or wicked habits or tendencies in thought A person suffering from unhealthy habits due to their brain cells being charged with the power of those habits can liberate themselves through willpower, meditation, sincere prayer, and continuous positive affirmation until all their undesirable habits are transformed into virtuous habits of peace and tranquility This occurs when the rightly directed life force works to change the abnormal nature of brain cells, so that those cells become filled with all that is good, virtuous, and beautiful

* * *

Understanding is the inner eye, the vision of the soul, and the telescope of the heart It is the balance between the composure of the mind and the purity of the conscience

* * *

Every day we see different scenes, and every day brings a new lesson to be learned It is expected that a person will learn the lesson by focusing on the ultimate purpose of his existence: to recognize the source of his being and the foundation of his life

Let us work to forget the sorrows of the past and resolve not to dwell on them With unwavering determination and active will, let us renew our lives, enhance our successes, and nurture within ourselves good habits and noble qualities

God is my strength and I do not believe in any other strength

Fight life's battles and persevere until the end, never giving up Never say, "I can't find the path, so I'll stop trying" Ask for guidance if you've made mistakes, but never stop trying Many accept defeat when faced with obstacles Those who fail should associate with successful people, not failures Be determined to succeed; let that be your philosophy in life

Every day we must strengthen our physical strength, increase our mental strength, and get to know our true selves through meditation, sound thinking, and positive, productive work that benefits the body, mind, and spirit together

When you want to establish a good habit or break a bad one, focus on the brain cells where the mechanisms of different habits reside To establish a good habit, first sit quietly and meditate, seeking divine guidance

Focus your mind on the willpower center in your forehead, between your eyebrows, and firmly affirm the habit you want to instill in your brain When you want to eliminate bad habits, also focus your attention on the willpower center and firmly affirm that all the grooves where those habits are entrenched are being erased

With focus and willpower, you can erase even the deep furrows of entrenched old habits

Reaffirm to yourself repeatedly that you possess the willpower to uproot unhealthy habits from your brain The best time for this affirmation is early morning when your willpower and focus are at their peak Continue to affirm to yourself that you are free from all dictates, and one day you will find—with God's help—that you have indeed freed yourself from the habit you wish to break

Whatever you fear, banish it from your thoughts and leave it to God Strengthen your faith in God and trust that He is able to help you, and know that much suffering stems from worry and anxiety

Why should you suffer now when the thing you fear has not yet happened? Since most of our disturbances come from fear, if we remove fear from our lives we will feel free and healing will be immediate

Every night, right before you go to sleep, affirm to yourself that God is with you, protecting

and watching over you Visualize His protective light surrounding you from all sides, and you will feel His wondrous protection

In this cosmic play, humans of all races enact the drama of life on the stage of time

We must understand the meaning of life without becoming overly preoccupied with or excessively focused on our temporary roles Our understanding of life is often distorted and misguided because we view it through the eyes of selfishness and limited perspective; if we looked with the eyes of the spirit, we would see things from a completely different point of view

When we open the eye of wisdom, we see the all-encompassing light of God, and in that light we perceive our spiritual nature, which is a reflection of the nature of the universal consciousness that permeates all the particles and parts of the universe

Spiritual truths surround us, knocking on the doors of our closed eyes, urging us to see the light instead of darkness, to act with wisdom rather than ignorance, to fill our hearts with love rather than hatred, and to cooperate in establishing peace and bringing abundance and security to our world When we do this, ignorance will vanish, worldly differences will disappear, we will see unity in diversity, and we will become more in harmony with the divine will

Our relationship with God is not a cold or loveless one, like that between an employer and an employee We are His children, and His care for

us is constant; He listens to us always We are an integral part of His being, and our relationship with Him is alive and vibrant He has bestowed upon us an inexhaustible wealth of love, understanding, insight, good will, and spiritual strength, but most of us have squandered this wealth on nothing

God wants us to live in security, peace, and friendly cooperation, as befits members of a noble and loving family, but greed and selfish calculations have sprouted and taken root in people's souls and have caused division among the family

God wants us to be masters, but we have chosen to be slaves Humanity has strayed far from its heavenly home and lost the inner paradise of feeling close to God and God close to us, and it will not be able to regain that paradise without personal effort God created us in His image, but this truth has escaped our minds

We have surrendered to the illusion that our destiny is hardship and our fate is annihilation, and we must tear the veil of illusion with the dagger of wisdom to see the bright truth behind the veil

God has blessed me with happiness throughout these long years of my life Whether people see the smile of contentment on my face or not, divine joy is always with me and never leaves me The great river of bliss flows continually beneath the sands of my consciousness and bursts forth as blessed springs that water the gardens of my life

Neither the sudden upheavals of life can disturb my peace, nor can the specter of death take away the spiritual happiness I feel

It was difficult to make that state permanent and unchangeable, but the fruits of the spirit that I now enjoy and share with others were worth all the effort I put into it

I think and act guided by the divine spirit Money has never been my goal in life, but rather serving my brothers and sisters in humanity Therefore, God has opened many doors of goodness for me to sustain myself and fulfill my mission And whenever I need help, God provides it immediately

My only wish is to serve you, and that is why I am here

God's power is at work in your lives as well You will experience this truth for yourselves when your faith is strengthened and you realize that true wealth comes not from material success but from the Almighty

Every moment you spend with God will be for your ultimate benefit, and everything you accomplish out of love and to please God will be written for you in the record of eternity

Retreat into the solitude of your deep thoughts and enjoy the peace flowing from the fountain of silence

If we sow good deeds, we reap joy and blessings, and if we sow bad deeds, we reap various types and degrees of crises and problems

Every good deed is like a pickaxe with which we dig into the soil of consciousness to uncover the fountain of divine joy

Learn to dive into the sea of introspection and exploration, whether in relation to good books, belief, problems, philosophy, or inner joy, recognizing that ordinary [contemplative] solitude is the price of true happiness

Although life seems unpredictable, capricious, and mysterious, fraught with doubts and all sorts of problems and upheavals, we remain under God's constant protection We must not exaggerate matters or lose our composure in the face of events, because if we allow panic to overwhelm us, we give power to evil and deepen its roots, which grow and thrive in the soil of fear and anxiety

Ask yourself every night: How much time have you spent with God, how much have you pondered, how much have you accomplished, how much have you done for others, and how much have you controlled your desires?

We shouldn't expect to find lasting happiness and peace in life's trials; rather, we must seek and discover them within ourselves Then, whatever experiences we go through, we will deal with them in the same way we watch someone else's experiences in a movie, whether pleasant or painful

A person can turn all their experiences into painful, miserable ordeals if they allow their mind to do so They may enjoy good health and yet fail to appreciate its value But if they fall ill, they will then

humble themselves and appreciate the blessing of well-being We should acknowledge God's favor and thank Him for the blessings He bestows upon us without waiting for adverse circumstances to make us grateful and acknowledge His grace

Life should be a blend of reflection and action When a person loses their psychological balance, they become vulnerable to the onslaught of worries, the clouds of sorrow, and the pangs of pain And if they attempt to violate the laws of health, prosperity, and wisdom, they will inevitably suffer from illness, poverty, and ignorance

We must keep our intentions pure, our motives clean, and act in a way that brings us peace of mind, and not allow life's circumstances to disturb our peace and destroy our happiness

Sad hearts and broken thoughts attract me, no matter how far away they are

Expand the boundaries of your glowing kingdom of love to gradually include your family, your neighbors, your community, your country, and all conscious countries and creatures

We must also strengthen our intellect and reject the burden of intellectual and moral weakness inherited from years and generations These impurities must be burned away in the fires of renewed resolve and productive action With this constructive approach, the truly committed individual can reach the horizons of liberation and freedom

Activate the infinite power within you so that you can play your prestigious role on the stage of life

As soon as a person begins to worship possessions, money, fame, or anything else besides God, unhappiness becomes their lot Those who focus all their attention on these things are in reality worshipping them, and therefore they do not draw closer to God but rather drift away from Him But those who contemplate God, meditate on Him, and commune with Him in their hearts draw near to Him and experience inner joy in their silent communion with Him

God alone is capable of fulfilling human dreams and hopes for lasting happiness Therefore, nothing should be allowed to take God's place in the heart

There are sacred symbols that may help the seeker remember God and draw closer to Him However, if a person begins to worship these symbols, their harm will outweigh their benefit Worship should be directed only to God, for nothing else is worthy of worship

Whatever the nature of ritualistic worship, it is acceptable to God as long as the worshipper performs it with spiritual awareness and longing for Him However, many people do not grasp the essence of worship, and their thoughts and hearts are diverted from God to the rituals, thus not benefiting much from their worship

True worshippers do not allow their consciousness to be confined to any image or form,

but they focus with the deepest love and full attention on the divine spirit behind all images and forms

God is absolute and infinite, and no image or statue can contain Him

It can be said that God manifests himself in everyone who loves Him sincerely and is in harmony with Him, because He is present everywhere and therefore present in everyone However, not everyone has the ability to manifest the divine presence The sun shines equally on both coal and diamond, but the diamond receives and reflects the sunlight, while the coal cannot

Similarly, all people are immersed in God's light, but only a few are able to receive that light and reflect it in their thoughts and actions To do so, they must purify themselves through meditation and by following divine teachings and commandments

When we pronounce the name of God, we must be deeply and sincerely aware of what we are saying If you could see into people's thoughts during prayer, you would find that most are thinking about everything but God, even though they are uttering His name! Such a prayer is fruitless and worthless

When we pray, we should strive to focus our entire minds on God, rather than merely repeating His blessed name while allowing our thoughts to wander One of my aunts used to recite her prayers on prayer beads, which were rarely out of her hand But she confessed to me one day that despite

practicing this prayer habit for forty years, God had not answered her prayers No wonder! Her "prayers" were nothing more than a nervous habit

When we pray, we should think of nothing but God We should strive to be sincere in our worship and devoted in our supplications Using prayer beads and constantly invoking God's name is perfectly acceptable when the practice stems from the heart and is supported by sincerity and focused mind However, this practice can become automatic over time

We must whisper God's name in our hearts, with longing and divine love; this is true worship that touches God's heart To utter God's name with coldness and a wandering mind is blasphemy and disrespect When one prays, one's heart and mind must be filled with the love of God

O Lord, You are the divine North Star by which my wandering thoughts are guided in the turbulent sea of trials and tribulations

Practicing mind concentration through higher yogic exercises helps to draw closer to God, the supreme source of glory and splendor, just as it helps to think about God and communicate with Him

It is essential to dedicate one day a week to spiritual retreat (if possible) for contemplation of God and to experience tranquility, peace, and inner peace Time spent in this way will be a soothing balm for the troubles and anxieties you encounter during the rest of the week

Everyone needs to spend one day each week in seclusion or a "spiritual retreat" to heal their emotional wounds and pains When that day becomes one of peace, joy, and contentment, you will eagerly await it week after week

Solitude is the price of greatness You will be amazed by the wonderful results that will be achieved for your mind, body, and soul through this spiritual retreat and connection with your spirit and with God If you aspire to true happiness, you must immerse yourself in the ocean of divine peace early in the morning upon waking, and also before going to sleep at night

The sages of India advise not just one day of seclusion, but emphasize the need for quiet meditation during four specific times each day At dawn, before rising and seeing anyone, one should enjoy the tranquility and sense of peace At midday, one should calm the mind before lunch, and again enjoy a period of peace before dinner Finally, before going to bed at night, one should enter a state of peace once more

Those who diligently observe silence during solitude and throughout these four daily periods are bound to experience harmony with God Those who cannot observe all of these periods should dedicate at least the morning and evening hours to this By doing so, their lives will be transformed for the better, and they will experience true happiness; experience is the best proof

If you keep writing and signing checks without depositing enough funds to cover your bank

account, your money will run out The same applies to your life Without regular deposits of peace in your life account, your energy will be depleted, your tranquility will vanish, and your happiness will evaporate In short, you will eventually suffer emotional, mental, physical, and spiritual bankruptcy But deep daily meditation on God will replenish your emotional account

The devout seeker meditates daily, communing with God with all the love and longing in his heart, beseeching Him to reveal Himself If you are a lover of God and yearn to experience His presence, you must immerse your mind and body in His peace, and life will smile upon you, and your affairs will improve in many ways

A calm person rarely makes a mistake, and succeeds where thousands of others fail

Those who do not think about God or care about Him become depressed and miserable They become irritable and turn into walking machines

The sun of wisdom and peace will rise in the sky of tranquility and will bathe your being in its healing rays as long as you make a spiritual effort and give first place to God in your heart

A single moon shines brighter than all the stars combined The sun, which appears small, dispels darkness from an area millions of times larger than itself Similarly, a good person, simply by existing in the world, emits vibrations that counteract and neutralize a great many of the vibrations emitted by evil people

A day of reflection should also be a day of mental and physical rest and the cultivation of inner peace Any activity that yields wisdom and peace is a blessed activity on that day

As for honoring parents, the holy books have recommended treating them well: “Honor your father and mother” and “Be kind to parents”

Human parents should be honored as representatives of God, who endowed them with the gift of creating humankind The mother is the embodiment of God's pure love, for a loving mother forgives where no one else will The father is the manifestation of God's wisdom and the protector of His children

One should not love one's father and mother apart from God, but as an expression of His protective and wise love The supreme divine spirit becomes both father and mother to help the child; therefore, it should be honored in the parents

The scriptures also advise us against killing for the sake of killing, for then one becomes a murderer A person should not take another's life in a moment of intense emotion However, if loved ones are threatened, one must fight to protect those God has entrusted to them, for it is a sacred duty to defend one's family and country

Regarding the prohibition against adultery, the ideal purpose of sexual union should be the procreation of children created in God's image and the expression of the pure love felt by spouses who see God in one another Those who live solely on a physical level, without any regard for true love or

the higher purpose for which sexual desire was created, commit adultery according to this commandment In this case, they are no different from animals that satisfy their sexual urges and then go on their way

God created this creative drive in men and women to procreate and express true mutual love in married life, and it should not be misused otherwise, but rather transformed into a sacred activity and knowledge

If you can control and distribute sexual power within your being, you will be able to develop great mental abilities for writing, drawing, or for revealing latent talents in countless other ways

And when you are finally able to control and spiritually transform creative activity, you will experience great peace, great love, and increasing spiritual joy

Saints and spiritual leaders who have spiritually transformed their sexual activity are giants capable of performing amazing and astonishing feats in the world and in the esoteric search for truth

Thus, the highest use of the sexual drive is to elevate its power, that is, to channel its energy toward a higher purpose in order to manifest wisdom, lofty ideals, and spiritual principles One should not derive pleasure from sexual thoughts or desire what is forbidden When this kind of self-control is achieved, one will have a sound perspective on sexual intercourse and its higher purpose

Being enslaved to sexual matters means losing health, self-control, and intellectual peace, and in short, all the elements of happiness that a person needs

The holy books also urge us not to steal If a group of a thousand people were to steal from one another, each would have 999 enemies Therefore, one must not infringe upon the rights of others, nor seize their land, peace, love, dignity, or any of their material or spiritual possessions If you do not feel the desire to take what is not yours, what you need or desire will come to you Theft originates first in the mind when a person begins to envy others The seeds of malicious desires must be uprooted from the mind Spiritual altruism is the way Then, a person will naturally attract abundance, and blessings will flow to them from sources they know and sources they do not know This is an infallible divine law As for thieves and selfish people, they spend their lives chasing after material possessions, their eyes always on what others have, even if their own coffers are overflowing with gold

Unless material selfishness is abandoned, the world cannot know happiness

Happiness comes only through spiritual cooperation It comes when a person feels the needs of others as if they were their own and works for others as they work for themselves

Another important commandment is to avoid bearing false witness Harming someone by distorting the truth is another way to undermine

social harmony If one wishes to be treated well, one should treat others accordingly The truth should always be told, but a distinction must be made between stating the truth and merely stating facts Referring to someone as lame or blind is hurtful and harmful; one should be mindful of others' feelings and avoid embarrassing them Similarly, revealing a truth that would betray someone without a noble purpose is also wrong On the other hand, one should not lie to avoid telling the truth; rather, one can remain silent in certain situations to avoid embarrassing or harming others

One must beware of envy, a destructive disease that gnaws at the peace of the soul The more one covets what belongs to others, the greater one's unhappiness and misery become The envious person lives a troubled life, never knowing the taste of tranquility It is far better for them to respect themselves, rely on themselves, and seek inner spiritual richness

A person's dignity and intrinsic worth are far greater than anything they might desire or long to possess God is manifest in every human being in a way that is not manifest in any other human being Their face is not like anyone else's, and their soul is not like anyone else's, for within them lies the greatest treasure of all creation—and that greatest treasure is God

We want our lives to shine and flourish with good deeds, to be fragrant with joy and happiness, and to live forever in the memory of those who appreciate us

When a person has the right faith and acts accordingly, he is happier than those who lack faith and do not perform their duties in the battle of life

Sound faith and righteous action (supported by noble motives and good intentions) are always present wherever happiness exists, and are lost wherever happiness is absent From this, we can conclude that they are two essential conditions for happiness, which cannot be attained without them Those who desire happiness need only possess these two fundamental elements, which are its cornerstones and pillars

Humans cannot control, alter, or erase the infinite components of the universe at will These components are intricately interwoven with the fabric of human life, and humans cannot function in isolation from them However, humans can control their minds to adapt to these components and avoid being harmed by them

Our ancestors were happier than us not because they possessed more worldly things and pleasures than we do now, or because they were less exposed to life's problems, but because they possessed the psychological balance that gave them comfort, peace, contentment, and in short happiness

They didn't depend on external circumstances for their happiness, nor did they succumb to external conditions that would rob them of it Their feelings of comfort, peace, happiness, and contentment were natural, normal, healthy, and

lasting We, too, should cultivate these feelings if we wish to possess happiness And who among us doesn't?

Fate is the result of a past exercise of free will or freedom of choice Through our past practices of free will, we have brought and continue to bring upon ourselves fate and destiny However, we are not bound by the past, nor are we forever constrained by the consequences of our actions We can undo what we have sown and erase what we have written if we so desire and strive to correct our course and improve the quality of our harvest

If we eradicate the seeds of actions with painful consequences and plant in their place seeds more suited to the nature of the soul, we will surely reap the fruits of happiness from those good seeds sown in the soil of the soul We must exercise free will now, now and not tomorrow, if we wish to attain greater happiness or lessen suffering and pain

Therefore, the conditions for happiness lie within the human being, and all he has to do is deal seriously with that equation that does not err, and the results will be in his favor if he makes the best assessment and dealing with it

O Lord, may my being be filled with Your vitality, my heart with Your comforting and compassionate presence, my mind with Your wisdom, and my soul be filled with Your divine awareness

In the soil of your hearts, the seeds of love grow Water those seeds with the waters of universal love and universal compassion

The mind's power is unlimited and accordingly, if you think deeply enough about any subject, you will get the answer to any question related to that subject

If a person dedicates all their work and activities to serving others and accomplishes them with a satisfied mindset, then they truly deserve consideration and gratitude

We should not be one-sided Rather, we should balance our activities and prioritize our work and duties, according to the importance of each

Duty is that action which a person performs with joy and not for material gain, and spiritual and moral duty should come first in life

Every human being has untapped potential They possess all the necessary strengths The mind itself is a supreme power, and it must be freed from outdated and restrictive habits and concepts

The influence of planets and stars on human life is caused by the intervening forces of attraction and repulsion between the planets and human bodies

Evil thoughts lead a person to a harmful environment where they can express themselves according to their desires However, a person can change their thoughts and consciousness through willpower, and consequently, their environment If a person remains in a harmful environment for a long time, that environment begins to influence

them subconsciously Over time, they completely lose their freedom to choose a healthy and wholesome environment and become subject to the negative influences of that harmful environment Those with strong willpower, on the other hand, are in harmony with God

Concentrated mind energy

When you focus sunlight through a magnifying glass onto a tiny point, it produces heat, and that heat can ignite wood, fabric, paper, and more Similarly, when you focus your mind precisely, its concentrated energy can burn away the roots of doubt behind every failure and allow the light of wisdom to shine brightly

When the mind aligns with God, the source of all goodness and the origin of all blessed power, it becomes aware of the divine presence and possesses all the elements of success These elements are closely linked to God's immense power, capable of creating new opportunities for success in any field

Troubles and difficulties arise from a person's lack of awareness of their past actions, committed at a particular time and place Their current suffering stems from thoughts and deeds they uttered, which took root in the soil of their consciousness, sprouting into a plant and bearing fruit that reflects the very characteristics of those thoughts and actions

Trials and tribulations do not come to break a person or paralyze their will, but rather to make them appreciate God's greatness and respect His laws, through which they can attain true happiness God does not send these harsh trials because they are primarily of human making All that is required of humanity is to awaken its consciousness from its slumber of heedlessness and to emerge from the darkness of ignorance into the light of knowledge

Most of the time, our senses promise us fleeting pleasures but ultimately bring us prolonged pain and suffering True virtue and happiness, however, promise little, but ultimately grant us pure and lasting joy This is why I consider inner, lasting happiness to be true joy, and temporary sensual pleasures to be mere enjoyments

When you look at the sun from millions of miles away in space, that enormous star appears much smaller than our Earth

However, the Earth's diameter is approximately 7,900 miles, while the Sun's diameter is a hundred times greater than the Earth's If you could place our planet Earth directly in front of the Sun, it would appear as a tiny dot compared to the Sun

Let's suppose that the mighty solar field is expanding and widening until its enormous mass swallows the entire blue sky The sky we see is but

a small part, indeed a tiny speck, of the space that permeates the infinite universe

Even if the sun continued to expand and stretch into space indefinitely, it would still not be able to encompass infinity

The cosmic illusion of smallness and finitude limits and prevents the mind from perceiving that cosmic vastness

Where did this absolute void come from, and where are its limits?

He who is not subject to dimensions or measurements, who has no limit or origin, is God, who is omnipresent and exists in the farthest reaches of space He is in the distant, remote stars Just as it exists within you and within me , it is consciously aware of every space it occupies , no matter how small or large

The past is unknown to most of humanity, with the exception of a select few enlightened individuals Yet, our ignorance of the past is also to our advantage For if we knew everything we have done in this life and in previous lives, we would be overwhelmed by the sheer volume of our actions and utterly bewildered Our will might even be paralyzed by the shock, rendering us incapable of continuing our pursuits and leaving us prey to despair Even in this earthly life, forgetfulness is a blessing from God, preventing our thoughts and feelings from being consumed by memories of the past, especially the bitter and painful ones

Fortunately, the divine spark within us constantly shines with hope and the desire to continue the ceaseless journey of life We must thank God for these two blessings: the ability to forget the past and the hope for the future

We should not conclude that fate places obstacles in the way of free will However, we must do our utmost to resist the negative influences that most people attribute to fate and destiny, and exercise our freedom of choice according to our inner convictions, provided that these convictions are based on sound faith and grounded in divine laws, without which a person cannot taste true happiness

When we embark on an action, we should not be intimidated by adverse circumstances, but rather be optimistic to the utmost degree, with absolute faith that nothing can stand in the way of exercising the will and exercising freedom of choice

Human beings are often like a leaf floating on the surface of a river, and they must pull themselves out of the current of automatic habits that carries them toward waterfalls of illusion and destruction Most people seem indifferent and allow themselves to be swept away by the current

If we fail to achieve our goal, it's acceptable to implicitly acknowledge that there were obstacles of our own making that prevented us from reaching it We must persevere and redouble our efforts to achieve our desired outcome We must also assure ourselves that no matter how strong and formidable the obstacles and challenges may be, we still possess the strength to overcome them Even if we fail despite all our attempts, there is no need for despair or frustration, as long as we understand that human will is stronger than destiny, which is of our own making Therefore, we must not cease trying, no matter how many times we fail, because there are always open doors We simply need to continue striving and repeating the attempt until success is granted to us God will provide us with assistance as long as we rely on Him and exert the necessary effort [He who walks the path will reach the destination, and he who trusts in God will not be disappointed]

When a person desires something intensely and persistently, that desire never leaves their consciousness, wherever they go and whatever their preoccupations may be Through its constant and tireless activity, that desire possesses immense determination and energy This inner whisper is more powerful and effective than mechanical supplication, which merely moves the lips This is how those who love God act They whisper their love for Him ceaselessly, their heartfelt whispers remaining inaudible throughout

their daily activities This heartfelt whisper does not distract them or conflict with their other duties As their desire for God grows, their love for Him deepens and intensifies, until they experience His presence and behold His light with the eye of the soul They taste overwhelming joy and feel a peace beyond description

God sends us the lessons we need in life so that we can benefit from them and gain understanding and experience Whoever avoids those lessons will be forced to learn them no matter how long it takes

Every test is a friend if we learn from it, and a tyrannical despot if we squander the opportunity and misuse it with grumbling, resentment, and poor judgment

When we have a sound understanding and the right attitude towards life, it becomes beautiful and free of complications

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psychological cases

A person cannot remain forever carried on waves of joy, submerged in turbulent waters of sorrow, or drowned in the depths of boredom In this world of conflicting dualities, the average person is subject to ups and downs—rising on waves of happiness, sinking into the abyss of apathy, and tossed about by raging waves of sadness—rarely experiencing any other state of consciousness

Allowing circumstances to sway one's thoughts in this way means surrendering one's will to a capricious and ever-changing fate What a person needs to live a successful and fulfilling life is mental balance, and this can only be achieved through focused thinking and control over one's emotional faculties

Even the deepest sorrows heal with time, so there's no point in dwelling on grief every day of our lives Constantly grieving the loss of a loved one helps neither them nor us, and it changes nothing Similarly, cultivating an inferiority complex or punishing oneself for past mistakes or failures is counterproductive; it only makes life miserable and stifles mental faculties

We must not allow ourselves to fall into the pit of boring routine, because that is a psychological state that is far from comfortable, as it disturbs the mind and burns the latent abilities in the furnace of apathy

Failure must be eradicated from its roots, and the fields of life must be plowed with diligence and determination and sown with seeds of goodness in order to reap a bountiful harvest, with God’s help

Do something no one has done before—something that will amaze the world Show that God's creative power is working through you

People with calm and noble temperaments help make our thoughts magnetic and healthy It's not difficult to determine whether a person draws their intellectual nourishment from a peaceful or a disruptive environment Anxiety, distress, and confusion all stem from associating with the wrong kind of people, whether friends or relatives, leading to anxious thoughts and a troubled mood

The body derives energy and activity from physical foods, while magnetic foods supply both the body and mind with energy charges that are easier to digest than solid and liquid foods that cannot be easily converted into living energy

When you can transform ignorance into wisdom, weakness and frailty into health and vitality, and walk confidently and boldly—even alone—through life's paths, and find inner joy in possessing a living and vigilant conscience, and unwavering faith in God's justice and the triumph of right over wrong and truth over illusion, and when you strive daily to elevate your thoughts to higher and more refined levels, and possess a loving and grateful heart and good intentions toward others, your intellectual nourishment will become magnetic, and you will attract to yourself all that is beautiful and beneficial—things, people, and circumstances—that are essential for continuing your journey toward the shores of security and safety And lastly, when you exert effort to acquire what you need and are content with what God provides, you will be richer in spirit and more satisfied than those who are consumed by worldly desires and greedy for its fleeting pleasures

Compassion is the bridge that connects every soul to other souls Compassion is the gateway to every heart

When a person seeks God, who is the only true friend beyond all others, it becomes possible to establish genuine friendship in all human relationships—familial, fraternal, marital, and spiritual Friendship is a vital element in marital

relationships, and intellectual and emotional closeness, a sense of spiritual attraction, and true love should be the priority Those who fail to distinguish between true love and physical attraction are repeatedly disappointed

When marriage is founded on high ideals and mutual respect, it becomes a happy and successful union between two loving and cooperative souls who alleviate each other’s burdens of life and dispel the worries of living with mutual empathy and friendly understanding

No one can control me or take away my will unless I allow the thoughts and actions of others to influence me

If you confine your thinking to matter, you will see everything from a material perspective But once you raise your consciousness to a state of spiritual awareness, you will see the pervasive current of God's light flowing beyond all matter, and you will see everything from a spiritual perspective

Lord, I realize I have an endless opportunity to explore my abilities and discover my spiritual potential Today I will fill my thoughts with optimism and detach myself from unpleasant experiences I will practice what will nurture my

body, mind, and spirit in a balanced and harmonious way

I will replace material attachments with higher aspirations
And I will realize that the faithful spirit is always with me

The dance of life and death is ever-present, but I will free myself forever by saving my spiritual identity And when I face the storms of trials and tribulations, I will set sail in my spiritual boat across the sea of life to the safe, divine shores

When I work and create, I will remember that God is working through me He is the Lord of the universe, and I can connect with Him through deep contemplation of Him

My beloved God, I realize that my thoughts will bring me either failure or success, depending on which idea is strongest in my life And I will try to remember that You are extending Your helping hand and preparing the way for my success

When calamities and misfortunes befall me, I will summon my strength and fortify my resolve to overcome them I will be sincere and honest in my

dealings with everyone, and I will spread thoughts of love and good wishes Then God will support me with His power and wisdom

Spiritual illnesses and their treatment
Master Paramhansa Yogananda

Try to imagine a group of human figures that are disproportionate and disharmony:

One with a small head the size of a chickpea and a large body the size of a camel!

Another one has a mighty hand like the hand of Samson or Hercules and a body like the body of a dwarf!

And a third one has the head of a huge elephant and the body of a scrawny mouse!

Wouldn't that scene be surprising and astonishing to you, or sad and regretful, if you suddenly saw a crowd of those creatures with a strange and discordant composition?

Now imagine another group of people who are normal in form and appearance, but are mentally unbalanced and psychologically disfigured

Just as clothes conceal wounds, sores, and other physical deformities, so too does a strong, healthy body and a beautiful, radiant face conceal many serious mental illnesses and birth defects

If you were to meet a large crowd of ordinary people who are distinguished by their elegant appearance and good health, and if you were able to penetrate their mental bodies with your spiritual

vision, the surprise would be astonishing, and you might be overcome with deep sadness at what you would discover

You might observe their mental bodies as follows:

The mind is represented by the head, the senses and feelings by the torso, and the will by the hands and feet all of which are abnormal, sick, and deformed

You will find that some have a small head with underdeveloped wisdom, mounted on a flabby body swollen with selfish ambitions and sensual desires

You will also find that some people have a body that is devoid of feeling and vitality, even though they have a highly developed, functional arm

Others may possess a large, creative brain, but their empathy and emotional capacity are stunted and atrophied And there is another category of people who have a normal physical and mental constitution, but whose willpower and self-control are either weak or paralyzed

And the list of observations goes on and on May you live long!

Such countless psychological distortions in mental bodies that are underdeveloped in some aspects and overdeveloped in others are indeed present – although hidden – in humans They cause them psychological pain and prevent them from showing their talents and abilities as they should be shown

Addressing some psychological illnesses here may help to identify the underlying causes of all human problems, so that they become at least known to all those who suffer from them, even subconsciously, so that they can understand the nature of those defects, their symptoms, and their silent penetration into the psyche, so that they may be able to repel their creeping destruction of peace and happiness

spiritual melancholy

This disease is widespread among those who are intellectually and physically inactive under the pretext of being deeply engrossed in spiritual matters These afflicted individuals neglect the major and minor duties of material life under the guise of serving God, thus opening themselves up to Satan, who can inflict serious harm upon them They suffer from pessimism and a lack of appreciation for anything beneficial or beautiful around them This is a contagious disease, and all those with spiritual aspirations must be wary of it and free themselves from it by constantly keeping their vitality alive and their immunity strong through positive thinking, an optimistic outlook, and healthy, productive work

spiritual indigestion

This happens as a result of the random (guzzling), that is, the rapid ingestion of large quantities of ready-made psychotropic drugs registered under glittering names, and presented in the form of fake spiritual books and lessons by

“spiritual doctors” experienced in the art of charlatanry and sorcery

This disease not only kills the spiritual hunger to know the truth, but also destroys the ability to distinguish between good and bad, beneficial and harmful

He who constantly devours theological ideas and feeds on everything that falls into his hands will not only overeat but will also consume poisonous ideas along with useful ones, bringing upon himself intellectual indigestion and thus slow spiritual death

Excessive and continuous study of various spiritual and philosophical ideas, without discernment or effort to digest and examine them through personal experience in order to ascertain their validity, ultimately generates doubt, apathy, and distrust in all spiritual principles and laws

Passion and obsession

Those afflicted with this disease live a wasted, meaningless life because they have too much money and time, and because they lack purpose and a proper understanding of life

These people are driven by their desires; they do whatever comes to mind and pleases them They fill their lives with cheap, trivial novels, sensational films, and superficial, pointless entertainment They don't realize they are afflicted with this dangerous disease until they experience a severe shock or a nervous breakdown—that is, after the damage has been done

mental cold

This condition has another name: despair A person never knows when it will strike and suffer its distressing symptoms, such as hopelessness, intolerance, anxiety, and impatience Worse still, it is often prolonged, and its victims frequently relapse easily, even if they believe they have made a swift recovery

Psychological catarrh

This illness is caused by dwelling on chronic worldly worries Those who suffer from it usually neglect to use the weapon of their willpower and thus passively and submissively submit to their constant fears instead of confronting them courageously and eliminating them in their infancy

abnormal psychological attachment

Victims of this disease become one-sided in their pursuit of happiness Believing that happiness lies in accumulating wealth, achieving fame, or possessing health or power, they sacrifice everything—health, a good reputation, peace of mind, honor, and dignity—on the altar of their burning ambition Too late, they realize that only a balanced life, one that respects the laws of nature and the precepts of God, and harmonizes activity with tranquility, can bring true happiness and fulfill the purpose of a noble life

Those suffering from unhealthy attachment disorders are consumed by thoughts of unbridled longing, leading to a distorted and warped view of life For example, a businessman achieved great success and amassed a fortune, but before he could enjoy his wealth, he suffered a nervous

breakdown due to overwhelming worries and fears, and died heartbroken

Others believe that everything is permissible in order to achieve the goal Because of this confusion, they miss their true objective and are unable to attain even the slightest satisfaction, even if they possess those things they have longed for, because human nature is vast and multifaceted and requires balanced development on all levels

Blind spiritual clinging

This aberrant fanaticism for certain beliefs stems from clinging to specific opinions and ideas without questioning or examining them, thus creating in those afflicted with this malady anger and hostility toward any sound spiritual idea or open and liberated thought This isolation leads to rebellion against God's laws, which are manifested in intellectual efficiency, material well-being, mental and physical health, and love and respect for people of all backgrounds

Instilling spiritual principles

Because physical illnesses are tangible, painful, and unpleasant, they spur us to actively resist them, leading us to try to overcome them through various therapeutic methods, from exercise and healthy nutrition to different medications and drugs However, psychological illnesses, despite being the root cause of all human pain and fear, are not prevented or treated with

sufficient urgency, and are allowed to wreak havoc and destruction on our lives

Educators, physical education teachers, preachers, reformers, physicians, and legislators will be able to drive progress forward when they first learn, starting with themselves, and then teach others the correct ways to cultivate human nature in a balanced and harmonious manner, in accordance with the laws of life and the principles of a healthy existence This is the truly effective education and comprehensive human culture that people everywhere in the world need

Educational institutions deem it impossible to teach spiritual fundamentals in public schools due to the perceived confusion between these principles and various religious doctrines However, if these institutions focused on the universal principles of peace, love, service, faith, open-mindedness, and acceptance of others—which are firmly established spiritual constants—and developed practical methods for instilling these principles in the fertile ground of children's minds and souls, a reasonable and acceptable solution to this supposed and imagined difficulty could be found It is a grave mistake to ignore this issue simply because of the apparent difficulties associated with it

Most college graduates leave university with their heads so heavy and swollen from the contents of books that they can barely walk the paths of life, for their willpower and self-control have been almost paralyzed by neglect and disuse

Therefore, you see them acting recklessly and deteriorating, rushing headlong into the abyss of unequal marriages, misusing their sexuality, chasing after money, and failing in their careers because they haven't learned how to properly wield the sharp knife of their academically honed intellect As a result, they cut themselves and inflict harm upon themselves

Strangely, many young people seem to enjoy engaging in activities that ultimately bring them harm and pain Some resort to theft and other wrongdoings, even criminal acts, without any restraint or deterrent Those who fail to prevent the spread of vice in society encourage the misguided behavior of some Every person of conscience and genuine faith should be a good example to others in terms of integrity, honesty, dignity, and self-respect Schools, colleges, universities, and social institutions do not provide sufficient scientific methods to reduce crime by addressing its root causes, which are primarily found in the mind

Special schools should also be established to teach the art of a happy and successful life, to develop one's potential and enhance one's self-capabilities

Such schools will be like gardens and parks where young minds grow and flourish The educators must be carefully selected and ensured to have the cooperation of parents and the community These schools will help shape individuals more effectively It must be borne in mind that the spiritual nourishment of a person in

their early stages determines their health and ability to grow later on

The mental and physical training methods used in modern schools are undoubtedly beneficial, but they lack a spiritual foundation Without the development of virtuous character, growth will be incomplete

The sciences of physical, mental, and spiritual development must be taught to young people whose minds are still tender and flexible and whose powers are not yet channeled in certain ways

After comprehensive training, students of those schools should undergo continuous reflective examinations, and the certificates acquired will be good health, a good reputation, effectiveness, material and spiritual wealth, happiness, success, and self-confidence

The results of the final examination at the end of this earthly journey will be determined according to the overall sum of mental and spiritual achievements and certificates obtained during the sub-examinations throughout the lifetime

Those who excel in this final, greatest test will receive a sacred certificate of self-sufficiencyand a free, pure, and joyful conscience

And blessings inscribed forever on the page of the soul

This rare prize will not be tampered with by moths

And the hands of thieves will not reach it

Or time will erase it

It will serve as a passport
For honorary membership in the Righteous Group

Where does happiness lie?
God, in His absolute mercy, grants us His joy and inspiration
And it gives us real life
True wisdom
And true happiness
True understanding comes through all the diverse experiences of our lives
But God's glory is revealed only in the spiritual peace the soul experiences and in the mind's earnest attempt to harmonize with Him There, we stand face to face with the truth Outside, illusions are incredibly powerful, and very few can escape the influence of the external environment The world continues with its endless complexities and countless trials The voice of God lies behind the appearances of life, constantly calling to us and speaking to us from flowers, scriptures, our consciences, and through all the beautiful things that make life worth living
The more we focus on external things, the less we can experience inner glory; and the more we turn inward, the fewer external difficulties we face It's a constant equation But most people don't realize this truth due to the influence of worldly companionship, the society they live in, and unhealthy habits Society keeps a person immersed

and preoccupied with superficial matters, preventing them from contemplating deeper truths

Even spiritual places are visited by some without a genuine desire to benefit from their blessed atmosphere, so they gain nothing of note from those visits

Whoever desires to see God will find Him everywhere Human habits are destructive, predatory, and ravenous; they destroy, ruin, and annihilate It is time for humanity to learn how to be happy and content with what it has We should not desire anything more than what comes to us God is generous; He knows what we need and provides it in due time This does not mean we should rely on God without making any effort Not at all It means we should do our part to the best of our ability and leave the rest to God, who will never deprive us of what we need and deserve

The best way to be eternally happy is to feel God's presence Our highest desire should be to know God and to resolve to be with Him God should be first and foremost in our thoughts and feelings, and we should consider Him the strongest and most firmly established pillar in our lives

(So hold fast to the rope of God, seeking refuge in Him)

For he is the pillar if all other pillars fail you

I have come to realize that the sole purpose of life is to know God There are those who may not be convinced that finding God is the ultimate goal of life But no one can deny that the purpose of life is

to find happiness And I say with complete confidence and certainty that God is the ultimate happiness He is supreme bliss He is absolute, universal love He is the eternal joy that never leaves the souls of those who are in harmony with Him So why don't we strive to attain that perfect happiness? No one else can give it to us We must constantly cultivate and nurture it within ourselves The forces of nature strive tirelessly to grant people worldly pleasures, but such fleeting pleasures ultimately lead to regret, bitterness, and remorse Even the most fortunate person, who seems to have everything, may still not be truly happy They will not be content with earthly things for long because these things do not quench their true thirst or satisfy their spiritual hunger

Material possessions offer only a false sense of peace and fleeting satisfaction The world as a whole is mired in confusion and chaos, fueled by selfish and greedy desires that breed war Nothing else creates war

The true hero in the battle of life is the one who conquers himself and overcomes his desires Money, fame, lust, and everything that contradicts this principle are detrimental to our peace and happiness If people learned to always think in terms of the true values of life, they would find the happiness they seek, but they stray from their purpose and are swept away by the current of earthly desires I have found that no temptation can divert me from the path I have chosen and followed for myself

I could charm thousands with the power God has given me, but that path would be detrimental to me In any case, I do not wish to charm thousands and captivate their minds I only desire to see sincere disciples steadfast in God Those who love God will savor these ideas, and those whose zeal continues will feel God's blessings and presence through these teachings

It is impossible for a person to deceive God, for He is ever-present, knowing what is in their mind and what they desire When they renounce the world and yearn for spiritual harmony, God will come to them When that desire takes root in the heart of the one who seeks it, God comes to that heart and fills it with goodness and blessing The only thing worth living for is to be in harmony with God and to gain His favor That harmony must be an eternal covenant and an unbreakable pledge (those who keep God's covenant and do not break it)

Everyone desires more wealth than others Even when they acquire it, they remain dissatisfied, discovering that someone else is richer People live in a quagmire of self-inflicted misery, fueled by their desires We must be content with what we have Material possessions do not bring happiness; rather, they often amplify anxieties, worries, and apprehensions

The path to God is the simplest and easiest path, yet few walk it despite the many religious rituals and formalities It is better to turn our hearts to God and ask Him for what is best and most

lasting for us In truth, God is waiting for us because He wants to keep us away from evil and danger He wants us with Him in our hearts and minds because the cheap goods of this world cannot satisfy human longing or fill the spiritual void we feel deep inside God is always speaking to us, but few hear His voice That quiet voice is often drowned out by the clamor of noisy thoughts and blatant desires But when thoughts subside and desires calm, we hear God's voice clearly, even though it is silent and faint Truly, God does everything to help humanity, opening doors and illuminating paths so that we may see where we should step, lest we stumble or slip But most people do not realize this truth

I don't want people to think they can attain knowledge simply by listening to others or reading books They must apply what they read and hear Going to places of worship is better than staying home and listening to idle chatter But even in places of worship, one must feel God's presence in their heart and know how to experience it Emotional outbursts and rational analyses cannot give us the knowledge our souls yearn to acquire

When we surrender ourselves to God and bid farewell to selfish desires, and when we are certain that God is always with us, dwelling in our souls and inspiring us with good and noble thoughts and feelings, we will possess happiness and freedom, and we will witness the sunrise of wisdom on the horizon of the soul

Imagine! Decades from now, our very existence will be a dream, and everything we do now will become part of that dream Even the greatest figures of humanity will become mere figments of human consciousness But those great figures attained their ultimate goal because they reached the highest level and remain alive in spirit, fully aware and conscious of all that is happening, for they are united in divine consciousness Anyone who tries to harmonize with them through their thoughts and teachings will inevitably feel their presence, receive their blessings, and know deep down that they are truly in communion with them

Life is a grand dream Yet, when you look at your body now and see it vibrant with life, you become fully convinced of the reality of this dream You think you must acquire this or that thing to be happy But no matter how many desires you fulfill, you will not find happiness through them The more one acquires, the more one desires Desires must be filtered, and life simplified if one wishes to live in comfort, tranquility, and inner contentment

The scriptures say that the person whose desires always flow inward (towards their soul) is a person of high inner peace In this, they are like the sea, which never changes or diminishes, but remains full of water that flows into it ceaselessly But the person who creates holes of desire in the reservoir of their peace and allows the vital waters to leak and be wasted knows nothing of spiritual peace and inner happiness

We need guidance from those who know God, who have the ability to communicate with Him and consciously sense His presence The prophets have asked us to seek God in inner peace, in the solitude of the soul where the faithful spirit and supreme spiritual joy reside The enlightened teachers of India also endorse these ideas and emphasize the importance of deep meditation to perceive the Divine Self in the depths of the soul

Everything in existence is a wave-like vibration directed by the mind of God This intelligent vibration is the Holy Spirit, or the faithful Spirit, with whom one can communicate through prayer and meditation

In the stillness of your soul and the grove of your focused mind, the love affair with the Absolute and the Infinite is endless But it is difficult to find God if we pursue money first We must make God an integral part of our lives, and then we will have everything we need in this life Whoever makes God a permanent place in their heart, God will grant them an abundant share of the blessings of earth and heaven, and open before them vast horizons where the suns of wisdom shine, illuminating their paths and dispelling the darkness around them God is the eternal lover, and there is no happiness for humankind except when they love God as they love—at least—their dearest loved ones, for without God, we would not know the essence of love, nor taste its sweetness

We must learn to use our will and focus our minds to seek God with all our hearts Human

actions are dictated by desires, and these habits constantly compel us to do what we don't want to do Truly, man is his own enemy, unaware of it He doesn't know how to sit still, nor does he dedicate time to God, yet he desires happiness and guaranteed entry into Paradise without delay The sacred experience cannot be attained merely by reading books, listening to sermons, or performing good deeds These are all undoubtedly beneficial, but they are insufficient Reaching God requires meticulous concentration and profound contemplation

We must seek God's favor first We cannot please everyone, for that is impossible I try not to offend anyone I do what I can, and that is all I can do My sole aim is to please God I use my hands to humbly pray before Him, my feet to seek Him everywhere, and my mind to think of Him and contemplate His wonders God must occupy the first place in our hearts so that we may experience Him as peace, love, understanding, kindness, compassion, and wisdom This, and nothing else, is what I have come to bear witness to and speak to you about

In addition to reflection, one should maintain good company We should not chase after people, but rather after God If you find benefit in these thoughts, consider it a blessing from God, for all credit belongs to Him Share them with others so they may find in them what you find (And as for the favor of your Lord, speak of it) And do not forget to help someone every day according to

your ability As long as I have money in my pocket, I will not cease giving, for my inexhaustible and ever-flowing source is God

Finally, we must come to know God as the great ones did This is possible through contemplation and personal effort

Once, I was walking outside the hermitage, thinking about my great teacher, Sri Yuktiswar, who had passed away a few years before I felt an overwhelming longing for him and was sad that he was not with me to enjoy the beauty and atmosphere of the hermitage Suddenly, he appeared to me from the sky and said, "Do you think you are the only one enjoying this beautiful place? I am enjoying it just like you!"

The seeker desiring union with God must strive through the daily practice of meditation and loving Him, and extending that love to all This is the only way to avert conflict Spiritual cooperation is essential Without true spirituality, there is no individual or universal happiness Sacred harmony is the only solution to all physical, financial, marital, moral, and spiritual problems

Happiness comes from feeling close to God Humanity has imprisoned itself behind the bars of ignorance, and it is time to break free from this humiliating prison The mind must always be turned towards God, whatever the circumstances, and then you will experience great peace and joy

Those who yearn for God and dedicate their being to Him, encourage and enlighten one another, and constantly remember God, are the

happy ones in this world and the winners of the bliss of the Hereafter

Peace be upon you

The curtain will rise and clear away

Each one of us is made in the image of God We emanated from His divine Spirit, and His essence dwells within us in all its purity, glory, and surpassing bliss This sacred inheritance is an impregnable fortress For a person to condemn themselves as a sinner, floundering in the paths of sin, is one of the greatest sins of all For in doing so, they condemn themselves to helplessness, despair, and an inability to rise and ascend It is true that a person may commit acts contrary to natural and divine laws, but they must immediately change course and turn to the right path In their pure nature, a person is a sacred temple, and the divine Spirit dwells within them

We must always remember that God loves us purely and unconditionally But since He has given us the absolute choice to draw near to Him or turn away from Him, He waits for us to express our desire for His love before He comes to us

Once I heard his voice whispering during meditation: “You say that I am not with you, but you have not looked inside I never leave you for a single moment Enter the temple of the soul and you will see me For I am always here, to receive you and greet you with the greeting of divine love”

Profound sincerity is essential on the spiritual path In purity and truth, the dawn of the soul breaks forth

Our human wisdom is nothing compared to God The only way we can draw closer to Him is by giving Him the same pure love He bestows upon us

Everyone will eventually find salvation, but those who falter along the way fall into the abyss of apathy Indifference prevents us from realizing the crucial importance of finding God right now, in this very moment Our great planet Earth, floating in space, and our human identity, were not given to us to spend a few years here and then vanish into nothingness Rather, we are meant to reflect deeply and understand the mystery of existence To live without understanding the purpose of life is foolish, stupid, and a waste of time The mysteries of life surround us on all sides, and God has endowed us with intelligence to find their solutions

In my search for lasting love, I realized that God loved me in every way imaginable He loved me as a mother, a father, and a friend

I searched for that eternal friend beyond all friends,

And about that great lover whom I now see shining in every kind and loving face That divine friend has never disappointed me, nor has he ever let me down

God is behind all that exists We should honor and treat our parents kindly, but we must love God with all our hearts and souls We must recognize

the importance of a vital connection with Him, without wasting any more time

When we sleep, we don't know if we will wake up or not We leave this earth one by one But this thought should not cause anxiety When we die, we are called to be born again on earth, beginning a new life from where we left off in this one

I see life as the formation and dissolution of waves on the surface of the ocean The human wave rises from the surface of the divine ocean at its birth, and at death, it rests in the heart of God I have grasped this truth and know that I never truly die, despite the death of the body For whether I am resting in the ocean of the divine spirit or awake in the physical body, I am one with the cosmic ocean That supreme happiness cannot be found in the world At the same time, we have no need to flee into the forest in search of purpose We can find God in this jungle of daily life—in the depths of the cavern of silence

Human beings may commit many errors, but they are molded in the image of the divine spirit God created this illusory world of earthly pleasures for one purpose only: so that humanity might realize it is merely a cosmic drama, abandon illusions, and love God alone This is the truth, and it cannot be otherwise Why did God create us to love our family members only to see them depart from us one by one? These events occur to make us realize that it is God who truly loves us, beyond all those we love

Life is a series of moving images, but this truth is difficult to grasp because illusions seem real and realities seem like illusions The world fades from our consciousness each night as we sleep, perhaps so we may understand that the physical universe is not real

This lesson of sleep comes not to frighten us, but to make us yearn for the truth of God Nothing can satisfy the soul except God and His love The Spirit of God is the unparalleled truth There is no such thing as unreal, and what is real cannot be unreal The wise understand this radiant truth

Many years of our lives have passed, and only years, weeks, days, and hours remain Why waste time on things that are not beneficial? We should desire to connect with God day and night, and be completely sincere in this desire before the allotted time of life runs out and we leave this earth without accomplishing anything of note

At that very moment, I saw the great light of God enveloping all of creation What overwhelming joy! What a wondrous light!

My God, I thank you and bow down to you for these abundant blessings of feeling your presence

Blessings upon everyone in the same way, so that we may realize that You are the ultimate truth in the universe and that You are our ultimate goal, beyond which there is no other goal

We must love Him and speak to Him every second of our lives—at work and at rest, in movement and stillness—with deep supplication and burning longing Then we will see the veil of

illusion rise and dissipate God is with us in every moment of our lives Those who contemplate and harmonize with Him see Him in the beauty of flowers, the nobility of kind souls, the sublime and noble emotions, and the beautiful dreams Finally, He will emerge from behind the thick veils to say to every sincere seeker:

"We have been apart for a long time because I wanted you to give me your love willingly I created you in my image, and I waited until you used your freedom and gave me your love of your own accord"

We must ask God to grant us the eternal and lasting gift of His divine love But who can find this loving God without effort? If you exert 25 percent of the effort, the rest is up to God and your spiritual guide I ask nothing for myself, for all credit belongs to God, the source of all goodness and grace May His grace accompany you, His awareness be with you, and may you perceive the abundance of His presence within you and all around you

God does not answer us immediately because we hesitate to show how much we desire Him We should not be afraid to approach Him, but rather consider Him our own, our Beloved, and seek Him ceaselessly with our thoughts, actions, hearts, and minds, and we will find Him the greatest refuge of security and peace in this existence

O Lord, I offer You this bouquet of good souls, that they may adorn the temple of Your presence Accompany these souls, who are Your family and

Your beloved We sing Your blessed name Dispel the darkness of ignorance with Your holy light Banish the gloom from our minds with the radiant, boundless light of Your being We are Yours, whatever our circumstances Reveal Yourself to us, O Lord of Majesty and Bounty Bless each one of us Accept the whispers of our longing thoughts and the yearning beats of our loving hearts To You we offer all love, honor, and longing, for You are our Beloved and all that we possess in this universe

Bless us with Your grace Break down the walls of desire that separate us from You Be the divine King enthroned upon all our aspirations May the light of Your glory spread throughout the vast world Bless us all Fill us with the fragrance of Your presence And let us realize ever more that You have always been with us, You are with us now, and You will be with us forever

We thank You for the grace and love You have bestowed upon Your devoted followers who yearn for Your nearness and eagerly await Your presence We hope that the circle of Your disciples will grow so that we may celebrate Your blessed presence and rejoice in Your nearness

Bless us so that we may open our hearts to one another and purify our intentions, that we may be worthy of your protection and care Reveal yourself, inwardly and outwardly Unite us all, and in the light of that unity, let us recognize your unique existence

With the sincerity of our united hearts and the longing of our harmonious souls, we prostrate

ourselves before You, seeking Your help, guidance, and the constant awareness of Your presence in our souls

May the eternal fire of love burn brightly in our hearts, and may we feel Your nearness to us now and forever, O our Lord, O our Beloved!

Supreme desire and mental capsules

Great is the glory of God He is the essence of truth and can be found in this life In people's hearts are many prayers and supplications: for money, fame, health—prayers of every kind But the prayer that should be first and foremost in every heart is for the feeling of God's presence As we walk the paths of life in silence and certainty, we must realize that God is the ultimate goal that can satisfy us and fulfill our desires, for in God lies the answer to every longing of the heart

When you cannot fulfill a desire through your own efforts, you turn to God in prayer Thus, every supplication you utter reveals a hidden longing within But when you find God, all desires fade away, and all wishes are fulfilled

Worldly desires arise from misconceptions about the purpose of life This earth is not our true home The scriptures tell us that we belong to God, that we are created in His image, and that His will is for us to return to our divine origin What humanity fails to realize is that unless it returns to its divine source, it will be forced to struggle to fulfill countless desires Imagine that! It is true that humans cannot help but have desires, and there is

nothing wrong with having them However, most human longings hinder the fulfillment of the ultimate desire to return to God Thus, they are detrimental to human happiness Unless humanity desires God and finds Him, it will continue to burn with longing for whatever it thinks will bring it happiness But the immediate fulfillment of all desires comes automatically to those who find God

There are two categories of desires: those that help us find God, and those that hinder us from finding Him For example, if someone wrongs you, you may feel the urge for revenge However, if you overcome this urge by using the higher and more acceptable power of love, you will have used the very tool that will help you find God All desires should be fulfilled in a noble way, for when they are fulfilled through worldly means, desires multiply, along with troubles and suffering If we learn to offer all our longings to God, He will work to fulfill our good desires and eradicate our harmful and destructive ones There is no greater protection than a clear conscience, and no better defense against life's blows than possessing noble and sublime desires

When we realize that the perfect image of God resides within us, all our desires are fulfilled In that sacred awareness, which surpasses all earthly treasures and riches, you will not be shaken even if given the entire world Neither praise will instill pride in you, nor will blame harm you, for you will taste God's joy within yourself, and that will be the most important consideration in your life

We should ask first and foremost for God’s guidance in our attempts to achieve our legitimate desires, and that is the best way to get answers to all our prayers But supplication must be removed from prayer The old way of praying must change, and we must turn to God with complete trust and unwavering faith that He hears us and will grant our requests God does not want us to relinquish our will—even when we pray to Him—because that will is the most precious gift we have received from His gracious hand, a sacred right He intended for us from the moment of our creation

Naturally, one must distinguish between reasonable and unreasonable prayers and desires Remember that desire is power; if you cling to a desire—whether good or bad, beneficial or harmful—and dwell on it day and night, it will eventually come to pass Therefore, one should be cautious and avoid harboring harmful desires, for they will be fulfilled and will bring with them immense harm and unenviable misery

Over time, you'll find that even though your desires are fulfilled, your heart remains empty, and you'll experience inner rebellion Imagine your digestive system is weak, yet you crave fried foods Of course, you'll feel pain every time you eat them, despite the pleasure you experience while indulging And so, you'll feel like you've made a mistake Wisdom dictates using discernment to distinguish between good and bad desires, and once this is achieved, those wrong desires should not be fulfilled Human beings possess the inner

power of discernment and should always use it, guiding their lives according to the dictates of conscience, which is the voice of God

Unfulfilled desires linger in the heart What harm is there in harboring them there? Here's the answer:

Every desire is composed of specific forces: either good or evil, or both When a person dies—may God have mercy on him—these forces do not die despite the body's decomposition and decay Rather, they accompany the soul wherever it goes in the form of concentrated spiritual capsules When the person is reborn in a new incarnation, these capsules or psychic tablets manifest as behavioral tendencies Thus, a person who died an alcoholic brings with them the inclination toward alcohol when reborn, and this inclination persists until they overcome the craving for alcohol This applies to other things as well

Even the smallest children exhibit traits acquired from past lives Some children suffer from severe temper tantrums Others have bad tempers Of course, God did not create them this way Unfulfilled desires from past lives have shaped these psychological tendencies, and because of them, the soul appears somewhat strange, even though it is created in God's pure image If the image of God is distorted within a person in this life, whether by anger, fear, or lust, and these traits are not overcome now, then they will be reborn with them (or they will be reborn with them), bearing the burden of these miserable

tendencies until they overcome them in this or future incarnations There is no escape from them until they are overcome

Therefore, it is better to fulfill all desires now or conquer them

The best way to rid oneself of such desires once and for all is by experiencing supreme divine joy Otherwise, these repressed desires and unfulfilled longings will haunt and torment the soul

A person must realize, through discernment and wisdom, that God alone is capable of granting pure and lasting happiness

Most of the time, desires remain hidden in the unconscious You might think they've faded away, but they haven't; this is one of life's mysteries, which is itself a great mystery

But the mystery dissipates when we analyze life and contemplate its meaning If you were to sit quietly for a short time each day and examine yourself, you would find that you possess many unfulfilled desires These desires are like deadly germs that a person carries with them wherever they go, both in this life and the next

The best way forward is to discern—through wise choice—the harmful desires in this life and focus your efforts on fulfilling your good desires If you feel the urge to commit suicide or do anything wrong, you must banish that urge now Convince yourself, in thought and deed, that you possess a spark of divinity within your soul, and remember that you are created in the image of the Almighty,

and therefore you have the power to transcend your physical nature and habits

Be less attached to luxuries and more detached from desires, and you will win the battle of life If you are suffering from intractable pain, try as much as possible to detach yourself from physical awareness Through discernment, you can overcome the senses Wise discernment is the fire that burns away harmful desires and destructive appetites, reducing them to ashes

It's common practice for people to store old, worn, and unnecessary items in a corner of the house, and to tidy and clean the house from time to time Similarly, in the corner of your subconscious mind lie many desires with latent harm, which may cause you significant trouble one day if you don't deal with them properly

Self-analysis is crucial on the spiritual path You may be hateful, irritable, or quick to anger If so, these traits stored in your consciousness are a result of your past actions To clear your psyche of this cluttered, worn-out furniture, you must begin with positive, constructive actions and cultivate affection for others The more you love people, the more they will love you, and you will feel their love But if you criticize them, even to yourself, they will sense that criticism and return it to you amplified!

Suppose an old enemy has died, yet you still harbor resentment and hatred toward him You will suffer as a result of this bitterness, and its harmful effects will manifest in your body and mind It is better to forgive him for the sake of God, for in

doing so, you will free yourself from the evil desires of revenge that destroy your peace of mind and shatter your tranquility Heaping hatred upon hatred, or responding to animosity with hatred, not only intensifies your enemy's hostility toward you but also poisons your own body and emotions as a consequence So forgive with a beautiful forgiveness

From time to time, a person must leave everything behind to be alone with themselves, in order to reflect on the purpose of life Most people are adrift in a current of traditions and fashions In reality, they have never truly lived their own lives, but rather the lives of the world What have they achieved, and where have they ended up?

Therefore, it is wise for a person to occasionally remove himself from daily preoccupations and "duties" in order to calm the turmoil of his mind and try to understand its essence and determine the goal he wants to achieve

Remember that the greatest testimony you can receive is that of your conscience: the unmistakable and infallible voice of your soul What your conscience tells you is who you truly are, without embellishment or disguise

Think of the power of Jesus Christ who said, “Father, forgive them, for they do not know how to do what they do not know”

And think of the great Prophet who said: “Shall I not tell you what raises one’s rank?” They said: “Yes, O Messenger of God” He said: “Be patient

with the one who is ignorant towards you, give to the one who withholds from you, maintain ties with the one who severs ties with you, and forgive the one who wrongs you”

Listening to the voice of your enlightened conscience will bring light to your path and blessing to your life When you feel a strong urge in your heart to fulfill a desire, use your discernment and ask yourself: "Is it a good or bad desire that I am seeking to fulfill?"

Many factors fuel human desires When someone sees a new model car, they want to own one like it When they see a new style house, they want to own one like it A new fashion trend becomes popular, and people yearn to buy and wear that style!

Where do desires come from? I spent hours pondering this Can you categorize all your desires? I managed to sort through them all and keep only the good ones And when I attained divine communion, I found that all my good desires were fulfilled at once Today you crave something, and tomorrow your soul yearns for something else Your mind, which emanated from Almighty God, cannot be satisfied by the goods of this world, and it never will be, because, my dear friend, you have lost the most precious and valuable treasure of your soul, the one who alone has the power to satisfy your longing and fulfill your desires That lost treasure is God

It is true that there are some good or necessary desires, and that you should work

towards fulfilling them But while striving to fulfill your smaller desires, do not forget to first fulfill your greatest desire towards God The conviction that smaller desires and duties must be fulfilled first is an illusion and a deception I still remember at the beginning of my spiritual journey that I was a procrastinator and did not meditate regularly, even though I kept telling myself that I would make time for it A whole year passed like this before I realized that I had not fulfilled what I had promised myself I immediately made a vow to myself that the first thing I would do in the morning was wash and then meditate on God Daily tasks were numerous at that time, and it was not easy to escape them, even for a short while Therefore, I decided to perform my spiritual duties first And thus, I learned a great lesson: my duty to God comes first, and only then do I attend to other, less important duties

Why should God open the gates of eternity to humanity if humanity prioritizes other duties and considerations over God? God has placed spiritual wings within us and expects us to soar in the realms of the spirit These wings are our spiritual longings, our lofty thoughts, and our sincere yearning for our divine source

Let us seek God first It is unwise to give utmost importance to earthly duties, for Azrael may summon the soul at any moment, and then all duties, commitments, concerns, and obligations will cease and end once and for all So why cling so tightly to life?

A person thinks that he is enjoying security and peace of mind, then suddenly loses a loved one, or loses his health or his job, and security and peace of mind go to waste!

How great was my love for my mother! I thought she would always be with me, but suddenly I found that she had left me when I was a child! We should not fear death, but rather be prepared for it

Life is not what it seems Don't place your trust in it, for it is fickle, deceptive, and full of disappointments and shattered hopes Perfection cannot be found here I don't want to give you an unrealistic picture of life This world is not paradise It is a divine laboratory where God tests souls to see if they will overcome evil desires with goodness and make Him—that is, make God—their greatest desire, so that they may return to His kingdom

Life is teeming with all manner of tragedy and comedy, calamities and joys It is a vast, ever-changing, and vibrant tapestry of countless forms No two things are exactly alike Every person's life is unique Each individual has different features, a different mindset, and different desires If we were subjected to the same trials every day, we would grow weary and bored Even Paradise, if it were always the same, would lose its appeal We love variety and diversity The prevailing traditional concept of Paradise is entirely wrong If it were truly tedious, the saints and holy men of God would have prayed to return to Earth to entertain

themselves! Paradise is constantly renewed in the most delightful way, while Earth is often constantly renewed, but in a tedious and unpleasant manner

However, despite the fact that life is exhausting and arduous, most people grow accustomed to it, believing there is no other way to live Unable to compare this life to spiritual life, they fail to realize the extent of the pain and weariness hidden within the folds of this world

In truth, life isn't real It's merely entertainment, nothing more Just as old films are re-released time and again, so too do the same old events repeat themselves in different forms And despite life's endless continuation, the same themes presented in past films are replayed one after another Truly, history repeats itself, and people are mere artifacts in the museums of time

To let life unleash its surprises, accept them with joy, objectivity, and detachment, unaffected by emotion, as if watching a movie A heartfelt laugh is a wonderful cure for all human ills

You must approach life with ease and comfort This is what I learned from my teacher At the beginning of my spiritual training in his hermitage, I performed my duties with a sullen face, never smiling One day my teacher noticed this and remarked, "God willing, all is well! Are you at a funeral? Don't you know that finding God means shrouding worries and burying all sorrows? Don't take life so seriously"

He taught me that it is man’s duty to elevate his mind above all earthly distractions and troubles so that he may find complete freedom in God

One must maintain balance in joys and sorrows, profit and loss, victory and failure in order to face life's challenges with courage and self-confidence

Maintaining inner peace despite all events is the best way to overcome deceptive desires This is what I learned from the great ones who were not affected by the vicissitudes of time, but remained steadfast and unchanging until the end Even the prophets, when they were tortured, did not lose their sacred consciousness, nor did they allow anyone to steal God's love from them Spiritual joy is itself a blessed protection and the greatest fortress of all Amidst trials and tribulations, remember the blessings God has bestowed upon you Your soul is a sacred temple of God You must not allow the darkness of ignorance to defile that pure place How wonderful it is to be in a state of spiritual awareness, honored, dignified, safe, and at peace! Fear nothing and hate no one Give your love to everyone Feel God's love and see His presence in all people, and let your strongest desire be His constant presence in your heart This is the way to live in peace and tranquility in this world But it is difficult to taste this self-satisfaction as long as the fierce winds of desires are blowing through the oasis of the heart and shaking its trees violently

Desires are shaped by a person's environment They are born from our sensory perceptions and limited by the limitations of those perceptions Attending a rural fair fulfills a desire for some excitement, but after visiting a world-class exhibition and seeing all the different displays, the small fair loses its charm and appeal Thus, we must first experience the joy of communion with God so that we can compare that joy to lesser earthly pleasures Then, desires will be of a higher nature Desire is endless; no sooner is one desire fulfilled than another takes its place But when you find God, all your desires are fulfilled "Seek first the kingdom of God and his righteousness, and all these things will be given to you (And what is with God is better and more lasting)" So why not seek first the fulfillment of that greatest desire and receive from God's generous hand the best and most enduring?

When God answers the seeker's prayer to know Him, all his other desires will be fulfilled immediately and forever

Some people think they have no desires Fine!

I've noticed what often happens when people go to the market They may not have a specific desire to buy, but suddenly something catches their eye and they think, "Oh yes, I have to buy it!"

Even if they don't buy it right away, it lingers in their thoughts day and night until they finally do, even if they have to borrow money They enjoy it for a while, but gradually its allure fades and the

joy of owning it diminishes, so they desire something else, and so on

Sometimes we meet someone who says: "Ah, if only I had such and such amount of money (or a special model car or a swimming pool or or)" and as soon as that wish is fulfilled, another longing arises for something new

Human desires are inherently imperfect, and therefore they are incapable of achieving complete happiness for their owners

The world will try to distract you from remembering that the only truly worthwhile desire is to find God But you must remind yourself of this every day When a person decides to quit smoking, stop overeating, stop lying, or stop cheating, they must be resolute in their decision and not waver A bad environment drains and weakens the will, creating false desires within a person It takes the best from them and gives them the worst Those who live with thieves believe it's the only way to live But associating with good people directs the mind toward higher things, so that false desires can no longer tempt a person Everything in this life is subject to change and fluctuation But a few moments of deep contemplation or studying and reflecting on pure spiritual subjects will be a source of inspiration, carrying the earnest seeker across the ocean of deception and illusion to divine shores where "no weariness will touch them therein, nor will they be expelled therefrom"

(The greatest rest has been prepared for those who toiled, and the one who did not spare any effort in seeking the truth has won it)

True happiness lies in longing for God and constantly thinking of Him With perseverance, a time comes when that thought becomes so steadfast and unwavering that no physical, mental, or emotional affliction can divert your awareness from God Is it not wondrous to live with the awareness of God, thinking of Him and feeling Him at all times, and to remain in the sanctuary of His unassailable presence, where neither death nor anything else can steal your inner peace? (Those who believe and whose hearts find rest in the remembrance of God Verily, in the remembrance of God do hearts find rest)

When you become immune to all desires, you enjoy eternal presence

Life is strange indeed, for everything is subject to change Therefore, one should not anchor the ship of happiness on the shifting sands of this life Our time will pass, and what we see now will one day be gone Change is acceptable as long as you do not allow it to harm you And when it does harm you, the inner turmoil you experience is a message to you not to be possessed by desires When you are secure in the divine spirit, you enjoy everything without attachment or dependence Therefore, striving to know Him is of utmost importance for those who care; otherwise, life will be a devastating disappointment, crushing hopes in a terrible way

When I returned to India in 1935, I hoped to visit the places I loved as a child, but upon arrival, I found that everything had changed The stage of life had been rearranged in a different way The greatest disappointment and shock came when I visited my old house in Aykapur, where I used to play and watch the birds Only one tree remained of all that I remembered Such is life! Familiar and cherished things slip away from our sight one by one I was ready to give anything to see our house as it was in my childhood And yet, God granted my wish, for I later saw the house in a vision, where we swam in the pool, and then I went upstairs, lay on the bed, and ate mangoes, just as I had done many years before

Desires must now be examined and scrutinized very carefully, sorted well, and only the good ones kept, and not even those good desires allowed to stifle the most important desire for God

That desire must remain alive and burning, and must not be allowed to fade or die out Man is under a great illusion when he asks God to fulfill his earthly desires but does not ask Him to reveal Himself to him Imagine a child who constantly demands that his parents grant his requests, and otherwise neither asks about them nor thinks of them That is ingratitude and a denial of their kindness, and in that there is a lesson for those who reflect

When this book of life is applied, one will be accompanied only by the spiritual knowledge acquired during one's earthly sojourn Therefore,

God must remain ever-present in one's mind, constantly invoking Him and never forgetting Him if one is truly concerned about one's spiritual future When we are in communion with God, we will find that all desires are fulfilled in a mysterious way But we must seek God first He is generous and has given us everything, but we will only find Him when we are not content with His gifts but turn to the Giver Himself We will come to know Him as long as we are sincere in our pursuit, earnest in our desire to draw near to Him and experience His blessed presence

The greatest obstacle a person faces is their own self When they try to sit quietly and contemplate spiritual matters, worldly thoughts suddenly arise, distracting them and preventing them from achieving their goal They must train themselves to control their thoughts and bodies, and in doing so, they will carry a portable paradise within their soul In life or death, in heaven or hell, that supreme happiness will accompany them

We must pray to God deeply, pouring out our great longing, asking Him in the language of the heart, the yearning of the soul, and the whispers of the conscience, so that He may hear us and answer us But if a person prays half-heartedly and at the same time thinks of something else—something God knows is not the primary concern of that person—He will not answer

We must first have God The time is now We must not wait, for illusions are too powerful Life passes quickly, and it is a shame to leave this

world without knowing the purpose of life We should reflect whenever we have a moment of free time Even if your prayers are not answered initially, do not despair of God's mercy, but continue to supplicate Pray sincerely and trust that your prayer will be answered

I have witnessed in my life the greatest proof of God's responsiveness to prayer But such a response requires effort, for nothing of significance comes without striving Meditation is essential to unveil the mysteries of life and enter the kingdom of God

Bad habits and other distractions will try to undermine your efforts and weaken your resolve But if you want to be happy, keep your thoughts turned towards God, and you will find Him close to you

Desires for earthly pleasures create a magnetic pull that draws a person to this earth, life after life Returning to the flesh becomes unnecessary for those who have found their desires in God Whenever they wish to fulfill any desire, they think of it, and it manifests before them My mother appeared to me after her death, and I was comforted by seeing her and thanked God for His goodness Truly, He is the Most Generous and the Most Merciful He fulfills our desires to demonstrate His love and gratitude to us when we give Him the first place in our hearts

When a person reaches God, they become the master of life and destiny We must not rest until the divine presence is firmly established in our

lives He will grant us all that we long for and will test us

The trials and obstacles on the spiritual path are many and great, but as we pass through those trials and overcome those obstacles, we must say: “O Lord, You have answered my prayers and fulfilled my greatest wishes, so my heart has become rich with Your presence and my soul is radiant with Your light”

Peace be upon you

From the sayings of the teacher Paramhansa Yogananda

People complain about the idea of giving up certain things in life, even though in reality they give up many valuable things, not least of which is peace of mind, and sometimes they even sacrifice themselves for money, which is subject to damage and loss

Surrender yourselves to God and you will find that your life has become like a beautiful rhythmic melody

Turn your attention inward from this world to the vast kingdom of God that is within you

In the ship of tranquility you can sail to that world beyond our dreams where the divine spring flows without ceasing from the depths of the heart and soul

Lord, help me to play my part in the play of life in a way that pleases You, whether I am weak or strong, sick or healthy, famous or unknown, rich or poor, knowing that You love me and will never abandon me

Wealth may be taken from a person, or they may be taken from it, upon their departure from this world, and they cannot take it with them Its true value lies in spending it on beneficial deeds and in bringing happiness to oneself and others in a way that pleases God and one's conscience

Those who think only of their own security and comfort, forgetting or ignoring the needs of others, are in reality courting the poverty that will one day be their lot Those who cling to their wealth instead of using it for good deeds do not bring themselves prosperity in their afterlife but are born poor, with the desires and cravings of the rich But those who share their abundance and prosperity with others attract goodness and plenty wherever they go

When you give to those who deserve it willingly, you will find that God is always with you and will never leave you and you will need nothing We must not forget that our lives are directly sustained by God and when we realize that our minds, our wills and our activities all depend on God and derive their strength from Him, then we will receive direct guidance from Him and we will realize that our life is one with His infinite life

Meditation provides proof of God's existence Once the waves of sensation are cleared from the mind's pond, divine bliss springs forth from the soul This bliss already exists within the soul, but it is veiled

Oh, Lord I will use my willpower and intellect To accomplish small things first And then I move on to bigger achievements

Even if all material ambitions are achieved Yet it only grants incomplete happiness — and by finding God I will discover inexhaustible reservoirs of joy And it never stops flowing and running In the gardens and evergreen meadows of the soul

House: Victory Square

If a person spends their life chasing one thrill after another, they will never know the taste of true happiness One should live simply and approach life with ease It is advisable for a person to spend time alone, reflecting on their own actions from time to time, and practicing inner peace, which brings healing, rejuvenation, and renewed strength

If distractions are constantly present and other stimuli bombard the senses, the nerves will suffer as a result, large amounts of vital energy will be wasted , and the soul will feel tense and distressed Furthermore, one should not be overly concerned with correcting others; rather, one should correct oneself before attempting to correct others

Let it be known that the home is the greatest battleground A person who is an angel in their home will be an angel anywhere

The sweetness of the voice and the peace suggested by noble behavior are needed more in the home than anywhere else

Just as darkness cannot remain where light shines, so too must the darkness of disease vanish when the light of God shines in the body's cells , and few are those who realize this truth

When people feel a strong desire to heal , they pray with troubled hearts Or with a feeling of despair , assuming that God will not listen to their prayers Or they pray but do not wait So that they may know whether their prayers have reached God

Just as one cannot listen to music broadcast through the air using a faulty receiver, so too one cannot pick up the vibrations of health, strength, and wisdom emanating from God with a psychic apparatus malfunctioning with fears, worries, and all kinds of anxiety, doubts, and uncertainty

Let us remember and thank You, Lord, in times of need and prosperity, in sickness and health, in darkness and light, and in all circumstances Let us remember with gratitude the days of well-being You have bestowed upon us Help us to open the eyes of faith so that we may see Your blessed light, which heals all illnesses and ailments

I am the captain of my ship of good thoughts, my good will, and my fruitful, beneficial activity I will steer the ship of my life, always keeping my eyes fixed on the shining planet of peace in the sky of my deep contemplation

I will use my creative thinking skills to achieve success in everything I do God will help me if I also try to help myself

Today I will till the garden of life with renewed effort and sow it with the seeds of wisdom, health, contentment, and happiness I will water the seeds with faith and self-confidence, and I will await the Almighty's bounty to grant me a just harvest Even if I do not reap the expected harvest, I will remain grateful and thankful for the peace of mind that comes from striving to do my best

I will thank God that I am able to keep trying until I succeed, by His grace And I will thank Him when I achieve my heart's greatest desire I will strive to do only noble and worthy deeds, seeking God's pleasure

The world is teeming with natural and human storms, and God is the strong shield and safe haven from the storms, hurricanes, and evils of this world Wherever God is, there is no fear or sorrow The true believer stands firm and proud in the battle of life and the struggle of events, certain that God is with him, protecting him from harm and never abandoning him for a single moment Thus, fear vanishes from his heart and certainty takes hold, a protection that cannot be imposed

Not being afraid means having faith in God and His protection, and having faith in His justice, wisdom, mercy, love, and omnipresence

Fear deprives a person of their psychological strength, clouds their mind, and impairs the heart's

natural rhythms Furthermore, fear can cause physical disturbances and psychological illnesses Instead of succumbing to anxiety and psychological confinement, a person should assure himself that he is safe in the protection of God, the All-Seeing, the All-Hearing, secure in His impregnable fortress, and encompassed by His mercy and care

Whether in the African jungle, on a battlefield, suffering from illness or poverty, one must convince oneself that God's hand is stronger than any danger and capable of protecting those who seek refuge in Him There is no more effective means of protection Of course, one must use reason in dealing with events while simultaneously having complete faith in divine assistance Faith never means being reckless or acting unwisely in the face of adversity Rather, regardless of what happens, one must affirm to oneself that God alone is capable of helping in difficult and trying circumstances if one turns to Him with all one's heart, soul, and senses

When difficulties descend like an avalanche, we must not allow them to paralyze our will or obscure our clear vision and wise, logical approach Rather, we must maintain our faith in God and our innate sense of right and wrong, and strive to find a way out With God's help, we will find it Ultimately, things will improve because God's power and wonders are hidden behind the contradictions of human life Those who do not

accept the inevitability of circumstances and instead try to penetrate beyond the veil with their intellect and faith will find the door opened for them—a door that every believing hand knocks upon

Life is shrouded in darkness, and sometimes we stumble and hesitate to move forward We must let God's light be our guiding lamp as we walk through life's dark paths God is the full moon in the nights of ignorance and darkness, the sun of radiance in the hours of awakening, the beacon of guidance, and the guiding star for those traversing the seas of earthly, fleeting existence

Problems will persist in the world, so where can one turn for guidance and direction? One's thoughts, influenced by habits, prejudices, biases, and fanaticism, are of no use, and the influences of one's environment, family, country, or world are incapable of providing true guidance Therefore, one must turn to God and listen to the calm, serene voice emanating from the depths of the soul, a voice in harmony with truth

The difference between mental contemplation and spiritual introspection

If a person programs themselves with theoretical knowledge, they become like a walking recorder, repeating proverbs and lofty phrases, and others consider them learned and knowledgeable But such knowledge is not reinforced by a direct perception of truth, nor is it

matched by spiritual attainment This kind of intellectualization or intellectualization keeps the "self" tied to the sensory mind, which is itself limited by the physical senses Theoretical knowledge cannot acquire divine knowledge, and it is advisable not to waste one's precious time on theories that cannot be applied in reality, lest one find oneself lost in a dense intellectual jungle, unable to transcend the realm of theory

This process will not lead to knowing the truth because the truth lies beyond opinions and theories, and many who follow this approach become bound by their own subjective conclusions

If a person uses their mental faculties solely for acquiring money and material possessions, their consciousness will be drawn into the material world and become entangled in endless complexities Therefore, wise people say that a person should not dedicate all the mental abilities God has bestowed upon them to the pursuit of fleeting things, lest they lose themselves in the labyrinth of materialism and create unnecessary limitations and constraints for themselves Instead, they should use their mental faculties to obtain the necessities of life and strive to develop their moral faculties in order to distinguish between right and wrong, and between what is harmful and what is beneficial When they cultivate their spiritual insight, they will be able to sense God within themselves and ascertain the spiritual truths

hidden behind the dense veils of materialism This state is called spiritual introspection

Whatever our concerns may be, God must always take precedence in our lives One of the most important elements of spiritual growth is the constant, heartfelt connection with God, through which you will personally witness a wonderful, positive transformation that will deeply impress you

When a person wants to see a show , or buy new clothes or a new car , isn't it true that their mind is preoccupied all the time? With regard to those matters and how to achieve or obtain them? He will not rest until he fulfills his desires , and he will continue to work tirelessly to achieve those desires

Thus, the human mind should be preoccupied with thinking about God And then all the lesser, smaller desires will be transformed To a strong desire to feel God and communicate with Him

When the mind whispers to God a heartfelt, fervent whisper Emanating from the depths of a longing soul

The soul's call will touch the cosmic heart , and the answer will come, bringing with it great joy

Intellectual whispering cultivates willpower , until you possess enough strength to achieve the desired goal

When a person's mind and will are in harmony with God , they are charged with limitless power , so that merely thinking about something becomes enough to bring it about , because divine law works in favor of those who are in harmony with the supreme will

All the remarkable achievements in my life have been accomplished through the power of a mind in harmony with God When the divine generator is running, everything I desire comes to fruition without exception, first taking shape as an invisible, ethereal design and then manifesting with irresistible force in reality

The secret of growth

We grow through every experience we go through, as long as we realize we can learn valuable lessons from them For every pain and suffering we experience has meaning and purpose

Despite the harshness of trials, they are like fire that melts iron ore, transforming it into beautiful, strong, and versatile steel The wisdom we forge through the scorching flames of experience is truly remarkable Life purifies us, transforming our base natures into precious elements, allowing us to live with souls as pure as jewels, as strong as steel, yet flexible and resilient, bending without breaking under the pressures of adversity and hardship

When we see faces distorted by anger, scarred by brutality, their sight makes us yearn to banish the ugliness from our own souls—a soul untouched by anything but evil intentions and deep-seated grudges that obscure the blessed divine image within us, just as soot mars a mirror The painful actions of others should awaken in us the desire to improve our own behavior and control ourselves, so that we may be masters of our unruly passions, not slaves to them

Kind words are a wondrous remedy for many ailments, possessing a powerful, almost magical, magnetic force that brings abundant blessings and prosperity to their speaker Those who use soothing, gentle words feel a subtle current flowing through them without interruption, their being filled with an abundance of tranquility This is because that current is connected to its higher source, ever-flowing and perpetually reaching souls in harmony with it They will then be able to transmit this flow of happiness to souls yearning for peace

Every day, a person looks in the mirror to see their face because they want to appear at their best to others How much more important, then, is it for them to stand daily with themselves and gaze into the mirror of inner analysis to discover what lies beneath the glittering surface! For everything that is outwardly attractive derives its allure from the inner self And nothing tarnishes the pure mirror of the soul like psychological distortions such as

anger, resentment, envy, and hatred Whoever strives to free themselves from these compounds, alien to the nature of the spirit, will allow the light of inner beauty to radiate from within

Through analysis, we discover that human problems are threefold: there are problems and disorders that attack the human body, others that attack the mind, and a third category that blocks the pathways of the soul

Illness, old age, and death are the difficulties and obstacles the body faces Psychological illnesses, however, invade the mind through sadness, fear, anger, repressed desires, resentment, hatred, emotional obsessions, feverish nervous agitation, and the psychological cancer that paralyzes mental faculties The most dangerous illness, however, is the illness of the soul, manifested in ignorance, from which all other diseases spring and spread

There is more good than evil in the world

When doubts creep in, we should remember the lives of great people It is true that we are human beings, but God has endowed us with extraordinary powers that we rarely use So why tremble in fear of old age, illness, and sorrow? We should do what we can to care for our bodies, but we should not succumb to fears or bury ourselves under piles of ignorance

The body is not the whole person

Good outweighs evil in this world because God is the ultimate power But when evil befalls us, we think we have no power to control it or escape its grasp

Storms of evil are bound to blow , but we can overcome their effects and rise above them

We were not given life to be destroyed by it, but to instill in us an awareness of eternity, and we must remember this truth

Without freedom of thought, one cannot express oneself in a pure, spontaneous, and natural way Remember that you are fundamentally free The power of the will is always free

If you use your willpower correctly, it will create good karma for you, but most people do not want to change and do not want to make the effort, so they crumble in the face of difficulties and are unable to face challenges

Doing whatever one pleases is not freedom, because humans are bound by their desires, and therefore their actions cannot be called freedom at all True freedom means doing everything with a will guided by wisdom A person can control the consequences of their past actions, which will inevitably follow them, if they activate their will and use it for good and beneficial deeds If you conduct your actions with reason and willpower, the forces of your previous wrong actions will

weaken and the habits resulting from your good actions will be strengthened

We constantly desire what we lack and become attached to things that are not essential Once something possesses us, we temporarily lose our free will Just as Easterners are enslaved by ancient customs, so too are Westerners enslaved by modern ones We create our own destiny and become bound by it

Why is one child born into a wicked family while another is born into a good one? Each of them used their freedom to live a certain way in the past (in a previous life) and thus brought those circumstances upon themselves in this life

There is no true freedom without God We must think of Him constantly Whatever our concerns and thoughts may be, God must occupy first place in our hearts , and when we are truly aligned with Him, we will be given the ability to accomplish what we must, at any time, with His divine help

Advice for the disciple

One of the students asked the teacher Paramhansa To give him some self-improvement advice, he said : If you want to be loved Start by loving others who need your love

And if you expect from others Be loyal and faithful to them so that they will be true to you

If you wish to prevent others from acting maliciously and cunningly , do not allow deceit to seep into your own thoughts , and do not act in a way that harms others

If you want others to sympathize with you Start by showing empathy towards them , especially towards those around you

If you want others to respect you , you must show respect to both young and old

If you want peace from others , you must live a life of harmony

If you want people to be religious , be spiritual in nature and let others feel that you are a good role model and that they can rely on you and trust you

In short, everything you want others to show One of the good qualities is to demonstrate it in your life first , and you will find that people will react to you in the same way

If you can identify the areas in your life that need improvement without becoming discouraged or developing an inferiority complex, and if you consistently work on enhancing your own character, then the time you spend on this will be far more productive than if you were to waste wishing others would improve themselves Your positive example and sound behavior have a greater power to change others than your wishes, anger, and words alone

O Lord, You are the source of all goodness and the origin of all power Bless us so that we may reflect Your blessings upon us in our health, our intellectual aspirations, and our spiritual expressions You are the radiance in the stars, the energy in the atoms, the kindness in hearts, and the beauty in truth Help us to fill ourselves with Your supreme power, Your infinite wisdom, and Your boundless authenticity

Lord, let us recognize that You are the fountain of health, the ocean of life, and the source of all understanding and knowledge Free us from ignorance and its effects, from fears and worries, and let the flood of Your wisdom sweep away all the debris and rubble from our lives

Tear away, O Lord, the veils that hide Your face from us Let us see You as a light so bright, like countless suns on the horizon of our lives Let us feel You as an ever-renewing power that inspires our thoughts, nourishes our souls, sustains our bodies, and fulfills our dreams

Amen

Most people don't know why From their existence on this earth , they believe that the purpose of life It is the fulfillment of desires Obtaining the necessities of life Seeking pleasure and human love , and ultimately surrendering to the final caller

People begin their lives Programmers with specific inclinations and desires that were not fulfilled in the past And they try – with what little free will they have left – By imitating the desires and actions of others , if they associate with businessmen , they want to become like them , and if they associate with artists , art becomes everything to them

God wants us to be practical in this world He has given us hunger that requires us to work to satisfy it, but searching only for food, shelter, money and possessions means that man forgets the source of his happiness

It is true that we must work to obtain our needs and strive to achieve our legitimate goals, but first and foremost, we must open our hearts to God and seek His guidance and approval in all that we do Then we will surely succeed in the school of life, for we will receive our direction from the Supreme Manager and Provider who knows what we need and what is best for us Therefore, we must place our trust in Him and submit to His wise will

From the lectures of the teacher Paramahansa

When the inner happiness of the soul is obscured by a thick layer of fleeting sensual pleasures, the golden glow of the spirit dims, and the soul's transparent faculties are hidden behind the density of matter When one's mind is drawn to

jealousy and envy, and shrouded in clouds of fear and worry, one becomes miserable, wretched, and defeated But when one directs the same attention toward love, peace, and harmony, one experiences profound happiness

The soul feels happiness when it turns from physical desires mixed with suffering and misery to the transparent virtues of the spirit, filled with sublime delights

If the soul becomes completely immersed in coarse worldly pleasures, it becomes indifferent to the pursuit of higher joys and incapable of experiencing spiritual delights Many might argue that renouncing material pleasures is nearly impossible in this world or while living among people whose thoughts revolve solely around material matters However, it is not required of the average person to abandon the world and retreat to mountains and forests to find tranquility and peace Rather, they should remain in this world without allowing its powerful currents to sweep them away, lest they be overwhelmed by the turbulent waves of this life

A person should not be negative towards his surroundings, and at the same time he should not allow materialism to blind his vision, lest he lose touch with his spiritual nature and become unable to taste the joys of bliss and witness divine lights

Life, with its essence, components, and goals , is a difficult puzzle to understand but not

impossible to solve , and with our progressive thinking, we solve some of its secrets every day

The devices based on precise scientific principles in this era are certainly impressive , and the discoveries that science brings give us a clearer vision of the ways in which life can be improved But despite all the equipment, inventions, and strategies we have , we still seem to be like puppets in the hands of fate , and the road ahead is still long Before we are freed from the control of nature

Certainly, living at the mercy of nature is not freedom Our enthusiastic minds are overwhelmed and shackled by a sense of helplessness when we feel that we are victims of floods, hurricanes, or earthquakes , or when events snatch away from us – without logical reason – our loved ones close to our hearts We then realize that we have not achieved many victories , and we have not been able to overcome adverse circumstances For despite all our efforts to make life as we want it to be , certain circumstances will always appear on this earthly stage , and events directed by a mighty mind about which we know little , working completely independently of our opinions and will The best we can do is work and make some improvements

We grow wheat and make flour , but who created the first seed? We eat bread made from flour , but who gave our bodies the ability to digest it? And how to transform food into nourishment?

In every corner of life There seems to be an indispensable divine hand We cannot manage our affairs without it , and with all the certainties we possess We do not know when the heart will stop functioning Hence the necessity of bold reliance On the supreme divine power And relying on our higher self , emanating from that omnipotence Which we are modeled after

We must possess a faith free from pride , and walk confidently on the paths of life

Without panic and trembling , and without distress and confinement

Dealing with allergies

Overcoming sensitivity is a delicate art, and controlling one's quickness to react is important for developing a balanced and well-rounded personality

Sensitivity stems from misunderstanding, inferiority complex, inflated pride, and an exaggerated ego

When a person thinks their feelings have been hurt, that thought takes root in their mind, arousing their nerves, which then become tense and rebellious Anger ignites in their heart due to the wounded emotions However, some people have the ability to control their emotions, so their outward signs don't appear despite the intense rage within them Others express their anger through immediate reactions, evident in their eye

muscles and facial expressions, and through sharp, coded verbal responses

Excessive emotionality has serious consequences; it complicates the situation and creates an undesirable instability that negatively affects others

Efforts must be made to exercise self-control and composure, fostering an atmosphere of understanding and harmony that promotes peace instead of tension and dispels the fumes of stress Those who do so will be masters of their own destiny and will be rewarded with appreciation and respect by those around them

Excessive sensitivity is a trait shared by most people, and when this irrational emotion flares, it blinds insight and clouds the eyes of wisdom Even worse, the overly sensitive person believes they are thinking, feeling, and acting perfectly, when in fact their behavior may be entirely wrong!

Many people believe they should pity themselves when criticized, and that self-pity provides them with some relief But like drug addicts, the more they take, the stronger their addiction becomes

A highly sensitive person often suffers needlessly More often than not, no one knows the cause of their distress or the nature of their grievance, leading to increased anguish in their self-imposed isolation Nothing can be achieved by

silently dwelling on perceived insults or criticisms It is far better to address the root causes of such hypersensitivity through objective analysis and self-control

This type of unhealthy allergy has serious consequences; it consumes the heart like fire and destroys the tissues of peace Therefore, it must be dealt with wisely, logically, and with a firm will

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I work hard to serve everyone, but when I retreat to my solitude for reflection, I don't allow anyone to disturb my contemplation Other matters can wait, but my daily appointment with God must not be neglected or overlooked

Before undertaking any action, pause and carefully consider the consequences and their impact on your mind, body, and soul Actions driven by compulsion are not liberation, as actions contrary to the laws of harmony and progress will restrict the individual Conversely, actions sanctioned by discernment and in accordance with one's conscience are virtuous and bring freedom

When you decide to do something good, or to refrain from doing something bad, and you stick to that decision and act accordingly, know that your share of freedom is plentiful

God wants us to use the freedom of choice that has been given to us to search for Him and

find Him, but He does not want to impose Himself on us

The desire to get closer to God and to know Him does not come on its own, but it must be activated and nurtured Without that desire, life has no value or taste

Let your spiritual insight guide your thinking and success will follow you wherever you go

To God I dedicate my voice, my hands, my feet, my heart, my body, my feelings, my will and everything

Love is the spiritual weapon that ends all wars

Beyond this earth there are limitless worlds where we will meet again those whom we thought had left us forever

This worldly life is ever-changing sorrow follows sorrow illusions upon illusions This mirage that appears on the desert of our consciousness must vanish, and we must awaken our true selves from beneath the dense veils of matter

Do not try to base your hopes on this life Where is your guarantee? You are only safe when you take refuge in the knowledge of God

The essence of the soul is like ancient gold buried under the soil When the soil is removed from the gold and it is washed with the water of contemplation, it glows anew with complete purity and clarity

Lord, let us see what is good, think sound thoughts, and associate with those of good character Help us to think of You and to contemplate You, O You who are the source of all righteousness and the origin of all goodness

Freedom from weakness

The best way to overcome weakness is to stop thinking about it; otherwise, the idea of weakness will overwhelm your consciousness and dominate your inner self When we bring light into ourselves, darkness will vanish as if it never existed

That idea brings me wonderful inspirations

When light is introduced into a cave that has been shrouded in darkness for thousands of years, the darkness vanishes instantly Similarly, weaknesses and errors fade away when we allow the light of God to enter our consciousness, and the darkness of ignorance cannot remain This is the philosophy by which we should live

Procrastination is useless The wheel of life never stops turning, and the days of our lives pass quickly Every minute we spend thinking clearly and acting wisely is a successful and profitable investment in our happiness

Many people spend their whole lives thinking about money, sex, and fame, and rarely focus on the essential things that bring them peace of mind and raise their awareness to higher levels

No matter how humble a person’s role may be, he is considered successful in the eyes of God if he knows how to spend his time wisely and direct his thoughts in the right directions

When God’s light shines on a person, he does not feel that he needs anything because the joy that overwhelms him fulfills all his dreams and makes him feel deep down that he is the richest of the rich and the happiest of the happy in this life

Tunnel of Light

Those whose spiritual awareness is awakened by enlightened thoughts, good deeds, kind feelings, and deep contemplation can sense their departure from the body at the final moment of departure through the spiritual eye During their earthly sojourn, the yogi practices seeing the tunnel of the spiritual eye at the boundary between matter and spirit, and at the moment of leaving Earth, they can enter this luminous tunnel and pass from this world to God's infinite realm of light, joy, peace, and absolute freedom

{Light upon light}

The lamp of the body is the [spiritual] eye

If your eye is single

Then your whole body will be filled with light

{And the light shines in the darkness, and the darkness did not know it }

Altruism is to feel the sorrows of others, to get close to them, to communicate with them, to sincerely try to console them in their misfortune, to rejoice in their joy, and to do our best to keep away the specter of fear, need, and anxiety from them

The one who possesses the spirit of altruism does not act according to limited calculations and expectations, but uses his insight and sound judgment and proceeds to help himself and others, thanking God for the success he achieves If he fails once or several times, he does not feel discouraged, but rather becomes more determined, doubling his efforts and repeating the attempt, exploring new ideas and channels, guided by the light of reason, and seeking God’s help until he achieves his goal and reaches his noble purpose

He who works to make others happy is made happy by God with an inner feeling of psychological comfort And if he loses something for the sake of those he is trying to help, he does not consider it a loss because in return he gains God’s pleasure and peace of mind He lives to love, work, give, and sow the seeds of goodness and peace in the fields of humanity

Whoever transcends his personal world in his thoughts and feelings expands his awareness, increases his empathy, and feels that the world is his home and humanity is his family He realizes that the purpose of his existence on this earth is to reform himself before trying to reform others, because whoever reforms himself helps others to

reform themselves through the example of his life Actions have a deeper impact and a more profound effect on the souls of others than words

Short stops

The brilliance of sincerity:

Some people try to escape their problems by smiling, but this kind of escape requires a pure conscience, free from hypocrisy and deceit When a person deals honestly with themselves and others, and acts with nobility and integrity, their eyes become clear, and a unique radiance emanates from them—the unmistakable glow of sincerity

Honesty:

Some people say many things in the name of honesty, but you can't speak to everyone about everything When you offer advice and guidance, some people misunderstand your words and gain nothing from what you say; this is a wasted effort and an unappreciated endeavor Silence in such cases is golden, but this by no means means remaining silent about wrongdoing

Self-harmony:

Self-harmony is truly wonderful Most people know how difficult it is to be in harmony with others, but have you ever thought about being in harmony with yourself? It's incredibly difficult, yet possible If you analyze yourself, you'll find that you're constantly at odds with yourself If you don't

love yourself, you won't love anyone else And if a person isn't in harmony with themselves, how can they be in harmony with others?

Self-harmony is vital for harmony with the world Therefore, it is essential to value and love yourself, for you deserve that love One must love oneself because God created us and endowed us with noble potential Loving this inner self, this essence brimming with virtuous qualities, inspires noble conduct and purifies the mind from impurities and the heart from malice and resentment

Calibrating the literary compass:

One cannot deceive one's conscience, justify wrongdoing, or escape the consequences of misguided behavior, even if one were to travel to another planet The results of one's actions accompany one, and one must correct one's course and calibrate one's moral compass so that its needle always points in the right direction

Some people live in the worst conditions and yet are in great harmony with themselves, while others have every opportunity and everything they need and yet are in perpetual conflict with themselves Therefore, one should not wait for circumstances to change Convince yourself that you are okay despite your environment, which may be different from what you wish for

Whoever puts himself at the mercy of circumstances He waits for things to change, and his wait will be long

It is said that a man was fluent in eighteen languages, yet he was so poor that he couldn't afford a lamp to read by So he would go to a corner and sit under a streetlight to read Truly, willpower creates means, forges opportunities, renews hope, accomplishes tasks, and fulfills wishes and dreams

Actual communication with those who know God can be done through personal contact with them, reflective reading of their writings, or deep and friendly contemplation of them The important point to remember It is in harmony with their consciousness, which is in harmony with God

When we align our consciousness with great souls who love God, this harmony gradually transforms our lives in a most wondrous way This harmony does not enslave the will but rather expands its scope and strengthens its power This is the difference between being in harmony with people filled with ego and preoccupied with what they can gain, and being in harmony with lovers of God and humanity whose aim is to give and awaken divine love in the souls of those who are in harmony with them The magnetism of these blessed individuals brings us into close contact with divine magnetism

We must keep in mind that while we strive to meet our own needs, we must also help others obtain what they need and share with the less fortunate the good things in life that come our way Let us remember that we are an integral part of the global family and that we cannot live without this large family

What would life be like without carpenters, inventors, farmers, and others? Through giving and receiving, and exchanging services, God wants us to think about and empathize with others It is a grave mistake to live only for oneself without considering others When we think about our own happiness, we must also think about the happiness of others We are not required to give everything we have for the well-being of the global family, as that is impossible Rather, we should empathize with others and do what we can to help them and alleviate their burdens

There is a relationship between success And between the satisfaction of the soul , within the context of the environment in which the individual lives

True success is the result of conduct consistent with the principles of righteousness, and it includes the happiness and well-being of others as an integral part of personal satisfaction Anyone who applies this principle to their material, mental, moral, and spiritual life will find this definition of success to be complete and comprehensive

People think about success in different ways depending on their goals in life Occasionally, some people equate it with theft, saying things like, "He's a successful thief!" This shows that not all success is desirable; our success shouldn't harm others

Another qualification for success is bringing harmony and positive results , not only to ourselves , but we must also share those advantages with others

Achieving financial success doesn't just mean enjoying what we deserve; it also means having a moral responsibility to help others create a better life for themselves Anyone with intelligence can earn money, but if they have love in their heart, they won't be able to use that money selfishly; instead, they will share what they have with others

Money becomes a curse in the hands of miserly and stingy people, but it is a blessing and a gift to those with generous hands and kind hearts

Good souls attract good souls and are attracted to them

We must learn to love our neighbor as ourselves and remember that we are here in this life for a short time, after which we depart to another world whose level depends on the level of our thinking and the quality of our actions during this earthly stay

Who are our true relatives? For the wise person, everyone is a relative, and each one is a "neighbor" Of course, the wise person is capable of discernment and understands that although the sun shines its light on a piece of coal and a diamond, the diamond, unlike the coal, possesses the unique ability to receive and reflect light brilliantly One should seek the company of those whose thoughts and feelings are as pure as a diamond and should dedicate time to finding sincere friends Those who live a clean and honest life will attract friends characterized by cleanliness and honesty, while those who live by base instincts without discernment will attract friends of the same ilk

If you value high ideals and lofty principles, it is advisable to avoid associating with people who do not believe in those ideals and principles and who confuse thoughts and disturb the mood, so that their vibrations do not lower your vibration level At the same time, do not exclude anyone from your circle of love

In addition A person should not only give love , but also make peace, so that wherever they go, they create harmony and tranquility, refreshing those around them with their kind presence No one wants to go near a foul-smelling skunk—excuse the expression—everyone avoids it Similarly, a nervous, impulsive, and argumentative person annoys and repels others We want to be like blooming roses that exude a sweet fragrance that

delights the heart Let us strive to spread the scent of peace and the breezes of goodness wherever we go and wherever we reside

The kingdom of God is not amidst the clouds or in a specific place in space It is beyond the darkness we see when we close our eyes, and when we meditate and pray, the eye of the spirit located in the forehead opens within us, and we see a blessed light and feel joy permeating every cell of the body, and we sense that the veil has been lifted and a secret door has been opened to the kingdom of God

God is an ever-renewing joy, a joy that is all-encompassing We must feel one with that joy that dwells within us and surrounds infinity

Beyond the vibrational boundaries of dense matter lies infinite, all-encompassing consciousness, beyond description in all its glory, vastness, and boundlessness This is the kingdom of heaven, an eternal, boundless, and endless conscious bliss

When the soul's perceptions expand , and it feels its presence everywhere , it then unites with the divine spirit

Glory to the Absolute Infinite , enthroned on the horizon , where heaven meets ocean And glory to the Supreme Infinite , enthroned on the peace within us ; by focusing on the Infinite within , we can receive its boundless power

Knowledge obtained from studying books or from people is limited knowledge, while knowledge obtained directly from God grants the power of wisdom, the splendor of certainty, the tranquility of the heart, and the peace of the soul

O Lord, teach me to pray with deep concentration and to blend meditation with heartfelt longings and let my heart be cleansed daily by my pure love for You

Breaking free from the constraints of karma

, whether mental or physical , conscious or unconscious , has a specific impact on a person's life Past actions are not only those performed days, months, or years ago , but also actions from past lives

You were dead, and He gave you life; then He will cause you to die, then He will give you life again; then to Him you will be returned

The good and bad effects of one's actions In his present life, these traces remain stored in the unconscious or subconscious , and the effects that a person carries (or that his soul carries) from previous incarnations lie dormant like seeds in the unconscious , awaiting the right circumstances To sprout and grow at a specific karmic time The law of karma, which balances things , involves action and reaction , cause and effect , sowing and reaping

Every person shapes their own destiny through their thoughts and actions, and the energies they unleash, whether wisely or foolishly, inevitably return to them as their starting point, just as a circle completes itself with perfect precision [The question is] must the willing seeker face—against their will—the inevitable consequences of their past actions, or what is called predestination? The answer is no God is law and love , and the seeker who turns to Him with sincere longing and complete faith, aligns their actions with divine law, and seeks God's unconditional love will undoubtedly receive the divine blessing that lightens heavy burdens and improves circumstances

God placed us in this world full of illusions, and He knows our suffering and the trials and tribulations we endure Human beings deepen the inner darkness of spiritual ignorance when they consider themselves drowning in sin and powerless to escape its depths It is better for them to strive to correct themselves, seeking help and compassion from the heart of divine mercy, hoping for forgiveness from the loving, compassionate, and forgiving God

When we realize our close connection with God, what karma can bind us? Don't let anyone convince you that your pain and difficulties are the result of your karma As a spirit in your essence, you have no karma Rather, you must realize this truth by affirming to yourself that you are one with

the essence of life, light, and cosmic forces If you realize this fact, you have nothing to fear , and God will open many doors for you and provide you with many opportunities

If you are uncomfortable with the way your life is going, change your mindset and charge your senses with positive energy and you will feel the difference yourself

There is no need for people to lament and grieve over what they have missed, or to attribute their unhappy circumstances to mistakes they made in this life or in the distant past, for this is a form of spiritual neglect They must act and uproot the weeds from the garden of life, and then the sweetest and most vibrant flowers will bloom and bear the most delicious and desirable fruits By His grace, the Most High

Submitting to God does not mean not using our will to improve our affairs and waiting for God to sort out our situations without any effort on our part, for God helps those who help themselves

The point is that we learn how to go to God to guide our will and bless and strengthen our right efforts When we overcome the obstacle of unwillingness to surrender, we find in God the protection that no one in this world can give us, and we also find a strength that no test can overcome

Everyone can establish a special relationship with God if they know how to open their heart to God and long for His divine presence, which brings joy and certainty

When a person feels a deep need for God, knowing they cannot do without Him, they will find that God responds in one way or another But they must first cultivate that strong feeling, because the response will not come spontaneously

If we do not give God the first place in our lives, our state of consciousness will be anxious and confused, and we will not be able to deal logically and properly with the endless demands of life

And what is the way to develop that desire? Every time we face misfortune or hardship , and every time we feel a heaviness in our hearts , we must turn to God and ask for His help , knowing that whoever loves God And he preserves it in his mind and heart His situation will improve His situation is changing for the better

When we stir and churn the ether With our heartfelt prayers and sincere appeals We will extract the essence of the divine response Which contains food, healing, and happiness

For those who crave spiritual nourishment , past frustrations and failures are irrelevant Lessons can be learned from them , and one can try again , repeating the attempt from the

beginning Success will be guaranteed, with God's help , for all who are not discouraged by failure , whose resolve is not weakened by tragedies , and who believe with unwavering faith That God supports those who persevere Those who are on the right path , and He provides them with hope, strength, and optimism , until they reach their ultimate goal And achieving the purpose of life

Thought is a force like electricity , and psychological states It goes back to thought and way of thinking

Electricity is both beneficial and harmful ; whoever uses it wisely puts it to their service Otherwise, it might electrocute him And so too thought If it is directed in the right paths It brings happiness to its owner , otherwise it brings him trouble

Thought is like a wild horse , yet taming it is not impossible , and positive thinking is one way to control thought

Sound thinking is a close friend And a sick mind is a constant enemy

Sound thinking attracts peace and safety , while unhealthy thinking fires deadly arrows that rebound upon their owner twofold Hence the saying, "The reward is of the same kind as the deed" As long as one sends out good intentions , his thoughts will turn into torches , illuminating the chambers of the soul and driving away the heaps

of darkness , so that he feels deep comfort , and his eyes shine with a smile of contentment! May the smile last in your eyes And peace be upon you

Life is like a mill that grinds The seeds of fruitful testing and experimentation , to make the bread of life It is like a winding road , with lush flowers on either side bright butterflies And trees with delicious fruits on their branches , yet we rarely stop Let us enjoy its sight and savor its sweetness ; indeed, we are often on tenterhooks To reach wider areas , we think there are more pleasant views than what we saw But as we gradually move away On flowery, fruitful paths , we find trees that are more dark than fresh , and then the flowers disappear And with it, butterflies and also fruits , only to find ourselves then in the barren desert

Human life is like the waters of the seas , which are purified and become fresh Only when you ascend to the upper atmosphere It is like a morning dream , growing brighter with age , because things then seem clearer and more distinct It is like a journey in that the scenery changes as we travel distances Then the same scenery changes as we get closer to it, and so on

Life does not disappoint the wise , for they deal with it skillfully and enjoy it Without allowing it to take control of them and deprive them of their freedom For example, they enjoy water They drink it and bathe in it, but they do not allow themselves to drown in it They enjoy the clothes they like

Without excessive adherence to formalities and formalities that are considered superficial They enjoy eating without allowing gluttony to consume them , because overeating weakens the body And it devours perceptions And he will destroy it utterly And so, a person should enjoy life But without exhausting the senses through immersion

getting along with others It does not mean agreeing with them on everything , or sacrificing ideals for their sake , because this style of conformity is undesirable and does not align with the truth The reformers and the great men did not agree With so many people around them , they nevertheless held fast to their ideal , because they realized that what they were doing That was absolutely right

First and foremost, one must be in harmony with God , then with one's conscience, and then with people

The principle should not be compromised And not resorting to ulterior motives to achieve a certain purpose , because that is not befitting of principled people

Who can live in a way that pleases God? Do not harm others, for they have nothing to fear If this approach does not satisfy others , it is enough for a person to be comfortable inside and feel a sense of inner peace that makes him independent of people’s approval

The strength and desire of the soul In turning to God It is called spiritual magnetism And with this magnetism The soul attracts blessings to itself and fine vibrations And all good human experiences Which reminds her of goodness and righteousness

spiritual magnetism It is the power by which It attracts and draws the person to itself Good friends And essential and important things And an intuitive understanding of things This power is derived From the attractive magnetic force of God

Candle of Peace

Take a mental pot Fill it with your peace

Take the bottle of my feelings Fill it with Your mercy

Take my empty soul basket Fill it with the fruits of your wisdom

Pour the waters of your love into my soul I will pour it into the cups of the thirsty soul

Tear down the walls of ego Immerse me in your total presence

The ray of dawn of love

Let him peer out from the openings of my heart

It reminds me of the sunlight of your love

Spreading across the sky of my life

The radiant light of your love has shone forth

Upon myself, and it was enlightened

Your light filled my spiritual space

You are the life that sustains my body

And the mind that inspires my thoughts

And the wisdom that dispels my ignorance

I light the slender candle of my love

To read the golden book

Preserved within me since ancient times

Your love was and still is

The invisible candle of peace

Which dispels the darkness and shows me your messages

The blog is on the pages of hearts

Let your glory be revealed, O Lord

May the light of your wisdom dispel

Ignorance, discord, and envy

From the shores of the earth forever

Turn our weakness into strength

And we weakened into resolve

Charge our bodies with vital electricity

And fill the mind and soul with your healing light

Take our hand so that we do not drown in the waters of heedlessness of You, and fill our being with Your love and wisdom Let us feel that we are very close to You and that the sun of Your mercy shines upon us constantly

I place the blossoms of my whispering, vibrant thoughts

In the structure of stillness

Her silent fragrance sings

And he sings of your glories

And with the radiance of your holy light

I see the beauty of your existence

My happy dreams come true

When your light flickers in my soul

The veils are ablaze with the fire of wisdom

I see your glory, and my joy increases

May God illuminate you with His light

And greetings from the soul to you

There are many demands and requirements that the world imposes on us and convinces us of their utmost importance and the impossibility of living without them or being able to do without

them But the basic requirement must be to obtain the peace of God, whose sources never dry up and whose wellspring never runs dry, and which gives everything in life taste and meaning

Let us remember that God is the essence of our being, and that love is the window through which we gaze upon His glorious countenance Whoever desires to feel the divine presence and nurtures that sublime longing in thought and deed, God will grant their request and help them tear down the veils that prevent them from beholding the blessed lights

Whoever is determined to move forward on the path will not be deterred by anything, nor will any obstacle hinder him until he reaches his goal and attains the desire of his heart

Spiritual Pearls and Gems

Those who expose the weaknesses of others and cause them embarrassment and resentment are far from wisdom and sound judgment We should despise the sin, not the sinner, for he is our brother in spirit, despite the darkness of ignorance that envelops and surrounds him The purpose of condemnation should be healing, not gloating and wounding We should treat our sinful brother as we would wish to be treated if we were in his place and situation

Whoever conceals the faults of his brother in this world, God will conceal his faults in the Hereafter

Just as we judge others, spiritual law judges us to the same degree We should not expect too much from others, nor should we always expect good results from anyone, even if they are doing their best

A person may fall and stumble, but he will remain safe as long as he does his best to climb the ladder of virtue and righteousness again

Every day we should try to lift the spirits of the patient physically, psychologically, or spiritually in our environment, just as we help ourselves or our family members

Whoever tries from today to live according to divine laws - instead of the old selfish life that brings hardship and misery - will find that no matter how humble the role he plays in life, it remains an important role as long as he performs his duty to the fullest extent according to the direction of the director of the cosmic play and the master of all our destinies: God Almighty

When we interact with others with genuine sincerity, true love, and consideration for feelings, we will bring good friends into our lives without personal interests or selfish calculations having the slightest consideration; otherwise, we will not be able to recognize our true friends

It is necessary to get rid of hypocrisy and pretense, and to act in a way that does not intentionally harm others

Friends should not be angered, belittled, or antagonized, nor should they be given any reason to harbor unfriendly feelings toward us Friends should not be mistreated, exploited, or given unsolicited advice unless asked for it When advice is requested, it should be given sincerely and kindly, without fear of repercussions Friends help each other through constructive, brotherly criticism

Difficult life experiences don't come to paralyze our will and defeat us, but rather to sharpen our resolve and strengthen our faith in God and our self-confidence Some people mistakenly believe that these experiences and challenges are insurmountable destructive forces, and so they give up A healthy mindset is essential to activating our inner strength to effectively deal with life and its trials

If a person doesn't compete with someone stronger than themselves, they won't become strong Similarly, when we face our difficulties with courage and mental fortitude, we become stronger and more resilient

Our minds are an integral part of God's all-encompassing consciousness Beneath the wave of our consciousness lies the ocean of His infinite awareness When the wave forgets that it is part of the greater ocean, it separates itself from that oceanic power As a result, people's minds become weakened by material limitations and are no longer capable of fruitful work and abundant production When minds shake off the dust of ignorance and

break the chains that bind their powers, they will become more capable of creativity and positive interaction with life

When you hold fast to a particular idea and imbue it with strong will, that idea transforms into a dynamic force And when thought becomes dynamic, it can create the right environment for success, according to the unseen map drawn in the mind

People fail because they give in to harsh life circumstances without resisting them, instead of resisting them without giving in

It is necessary to exercise and activate willpower

Those who enter the sanctuary of tranquility can communicate spiritually with other souls who love God, and they can understand the language of roses and all living beings

O Lord, be the sole King enthroned upon my love and longing

Those who meditate experience a profound sense of peace, and this inner tranquility should be maintained even in the company of others What one learns in meditation should be practiced in daily activities and interactions with others, without allowing anyone to disturb one's peace or tranquility

When you want to create a good habit or eliminate a bad habit, focus on the brain cells where the mechanisms of different habits are located

To establish a good habit, first sit quietly and meditate, seeking divine help Focus your mind on the center of willpower, located in the forehead between your eyebrows, and firmly affirm the habit you wish to instill in your brain When you want to eliminate bad habits, also concentrate your attention on this center of willpower and firmly affirm that all the grooves where those habits are entrenched are being erased With focus and willpower, you can erase even the deepest grooves of deeply rooted, old habits Reassure yourself repeatedly that you have enough willpower to uproot unhealthy habits from the brain region

The most appropriate time for such an affirmation is early morning when the will and attention are alert

Keep affirming to yourself that you are free from all dictates and one day you will find that - With God 's help - you have already freed yourself from the habit you wanted to get rid of

Whatever you fear, banish your thoughts from it and leave it to God Strengthen your faith in God and trust that He is able to help you

Much suffering stems from worry and anxiety Why should you suffer when what you fear hasn't

even happened yet? Imagine God's protective light surrounding you on all sides, and you will feel His wondrous protection

Since most of our anxieties stem from fear, if we eliminate fear from our lives, we will feel free and healing will be immediate Every night, right before going to sleep, affirm to yourself that God is with you, protecting and watching over you

In this cosmic drama, humans of all races enact the story of life on the stage of time We must understand the meaning of life without becoming overly preoccupied with or over-obsessed with our fleeting roles

Our perception of life is often distorted and deviant because we look with the eyes of selfishness and limited horizons If we looked with the eye of the soul, we would see things from a completely different perspective

When we open the eye of wisdom, we see the all-encompassing light of God, and in that light we perceive our spiritual nature, which is a reflection of the nature of the universal consciousness that permeates all the particles and parts of the universe

Spiritual truths surround us, knocking on the doors of our closed eyes, urging us to see the light instead of darkness, to act with wisdom rather than ignorance, to fill our hearts with love rather than hatred, and to cooperate in establishing peace and

bringing abundance and security to our world When we do that, ignorance will vanish, situational differences will disappear, we will see unity in the census, and we will become more in harmony with the divine will

Our relationship with God is not a cold or loveless one, like that between an employer and an employee We are His family, His care for us is constant, and He listens to us always We are an integral part of His being, and our relationship with Him is alive and vibrant

Our Creator has endowed us with an inexhaustible wealth of love, understanding, insight, goodwill, and spiritual strength, yet most of us have squandered this wealth on nothing God desires us to live in security, peace, and friendly cooperation, as befits a noble and loving family, but greed and selfish calculations have taken root in our hearts and sown discord among us

God wants us to be masters, but we have chosen to be slaves

Man has strayed far from his heavenly home and lost the inner paradise of feeling close to God and God close to him, and he will not be able to regain that paradise without personal effort

God created us in His image, but this truth has escaped our minds We have succumbed to the illusion that our destiny is hardship and our fate is annihilation We must tear away the veil of illusion

with the dagger of wisdom to see the radiant truth behind it

Who are we and what is our true nature?

Humans have obvious differences, whether in their psychological or emotional makeup, the roles they play in life, the work and activities they pursue, or the desires they feel But beneath all these differences lie two things that every human being wants and needs without exception One is freedom from all forms of pain and want The other is complete and lasting happiness—complete contentment, where peace, love, wisdom, and joy reside

In truth, what humans strive to attain is God, whether they use that name or not The wise say that God is the essence of bliss and the spirit of happiness And one will not experience complete contentment unless one draws directly from the cosmic source This is a pivotal point for understanding the human condition

But where do people look for what they seek?

They seek it only in worldly things: in possessions, external circumstances, and relationships with other people But it is impossible to find it in anything, anyone, or any circumstance in this world, given the very nature of creation

Creation is based on the principle of duality It is impossible to have a picture in only one color, as there is no way to do without its opposite Similarly,

it is impossible for any aspect of existence to exist in isolation from duality However, upon examining the desires that motivate people, we find that each of us desires only good, pleasant, beautiful, and positive things, without the slightest desire to deal with anything unpleasant or undesirable But that is impossible

In this dualistic world, there is no pleasure without pain, no light without darkness, no good without evil, no life without death The two sides of the coin are inseparable This means that what we yearn for deep within ourselves cannot be obtained from this world

People search—yes, they search with all their might—but they are unable to find what they seek, which breeds despair and hopelessness This leads not only to despair but also to great resentment and intense anger, and consequently to acts of violence All of this happens because they are not looking for what they seek in the right place, and as a result, they do not find what their hearts desire

People in our time do not know much about the meaning and purpose of life, and therefore they suffer from confusion and bewilderment

By nature, humans are purpose-driven beings If they lack a purpose in life, and if their minds, energies, will, and emotions are not directed in a positive and constructive way, they will turn to destructive paths such as alcohol and drug abuse,

resorting to violence, and so on The ultimate goal of life is knowing God and it is incumbent upon individuals to harmonize their roles and external activities through righteous actions, sound perspectives, positive attitudes, and the beneficial channeling of their emotions

These two aspects of our nature—the inner or spiritual aspect and the outer aspect—are not contradictory if understood correctly Rather, they support each other and help us develop and enhance our physical, psychological, emotional, and spiritual capabilities and potential

People live in a great void, devoid of intellectual stimulation or psychological stimulation They feel bored due to a lack of purpose and the absence of anything that could give their lives value and meaning The average person may be able to function and behave as if they were psychologically and mentally sound, but are they happy?

The primary purpose of life is to know who we are and what our true nature is If we give the deeper aspects of life the attention they deserve, we will inevitably feel happiness, because human happiness is linked to connecting with one's spiritual self, without which one has no existence or being

The fear of failure or illness is nurtured by constant thinking about it until the idea of failure seeps from the conscious mind into the

subconscious and eventually reaches the higher consciousness Then, the fear, entrenched in the subconscious and higher consciousness, begins to multiply and grow until it fills the conscious mind with weeds of fear that are not as easily eradicated as the initial thought when it sprouts These harmful weeds eventually bear poisonous and deadly fruit Fortunately, its roots can be eradicated from within by focusing strongly on courage and instilling in the awareness of absolute faith in God and that He is able to help those who wish to help themselves and protect them from harm

Once upon a time, a small bubble was floating on the surface of the sea , wary of storms and lightning , when she heard a voice whispering to her : “Little bubble of life, what is wrong with you?”

Don't you know that you are part of the ocean of life? The little bubble looked around and realized that fact

Human consciousness floats like a tiny bubble On the surface of the sea of cosmic consciousness , thinking it a temporary bubble , trembling with fear of sickness, poverty, and death Oh bubble, do you fear the ocean ? Look around you observe carefully Shift your perspective from your immediate surroundings to God's infinite realm Delve deeper, broaden your understanding , so that you may know and be certain That you are one with His vast sea , and that God is with you He protects you , he sustains you , now and forever

Avoiding traps and snares

Whenever you feel a strong desire in your heart urging you to fulfill it, use discernment and ask yourself, "Is this a good desire that can be fulfilled, or a bad desire that should not be honored?" Unhealthy material desires encourage our bad habits by giving us false hopes and illusory happiness In such cases, the power of discernment must be invoked to reveal the truth Bad habits ultimately lead to unhappiness When their true nature is exposed, they become powerless to ensnare a person in the traps of suffering and the snares of misery

Reflections and stories

In life and in death, in sorrows and calamities, my faith in You, O Lord, remains strong and unwavering, firm and unshaken

Every breath of my longing and supplication opens doors and windows in my soul through which I pass to God’s bliss

Just as the sun shines on the most crowded places, so I will see the rays of divine love in all areas of my life and daily activities

Bless me, O Lord, so that I may awaken my soul with the dawn and bring it to Your blessed threshold

The story of the musk deer

Musk is a precious substance with a strong fragrance, found in the navel of the musk deer that lives in the high Himalayas

Once the deer reaches a certain age, the captivating musk begins to seep secretly from its navel, and the deer becomes agitated by that attractive fragrance and begins to dance and search for the source of that pleasant scent

It moves from place to place, sniffing between rocks and under trees, searching everywhere for the source of that exciting scent

Finally, he becomes angry and more agitated and anxious when he is at a loss for words and is unable to find what he is looking for with longing and passion

In a final attempt to reach the source of the musk, it jumps from the towering rocky cliffs into the deep valley to face its fate and meet its death, at which point the hunters are able to catch it and extract the musk sac or gland from it

In this regard, one of the enlightened poets recited something to the effect of:

O musk deer, you fool!

Why are you suffering? Why are you sleepless?

This musk is available

With your belly sack, you fool!

Even if you touched with your nose

From you comes the secret fragrance

You would have won what you hoped for

And you lived without spending

Don't you think, my friends, that most people behave like musk deer? They are always and forever looking for happiness everywhere outside of themselves

Yes, they seek happiness in play, and indulging themselves to exhaustion in desires and cravings They climb the slippery paths of wealth until they ultimately jump from the cliffs of high hopes to the rocks of frustration and failure when they are unable to find the true happiness stored in the deepest recesses of their souls

If we turn our thoughts inward, and reflect deeply, we will find in the tranquility of the soul the source of true and lasting happiness that we seek

We must not be like the musk deer, perishing in the search for happiness in the wrong places Rather, we must be vigilant and try to find happiness within ourselves, not outside of ourselves

The Story of the Button

Once a man came to me and said that he suffered from a chronic heart condition, and added:

"I have tried many things, but I am unable to get rid of the heartache"

After thinking calmly, I asked him to bring me scissors He looked at me tremblingly and said:

"Do you intend to cut open my heart, sir?"

I laughed and replied, "I am not a doctor Have you ever heard of a person using scissors to perform surgery?!"

Finally, he reluctantly brought scissors, so I cut off one of the buttons on his coat and told him not to sew another button in its place, and not to put his hand on the spot where the button was missing I also told him to come back to me after two weeks, and I expected that he would recover during that time

The man laughed and said, "I will do as you asked because I trust you, but I think it is the strangest medicine I have ever been prescribed!"

Two weeks later he came running to me and said, astonished:

"The specialists assured me that I was cured of heart disease So, for God's sake, what did you do? Did you pull a genie out of a button?"

I replied with a smile: "Yes! Your hand was constantly playing with the button, and the button was aligned with the heart"

That button was the genie that was causing your heart pain So I cut the button and told you not to replace it or put your hand on your heart That

way, your heart was relieved of the pressure and stopped hurting you!

Everything is moving quickly, and people are busy with many things Naturally, it's better to reap the world's bounty than to waste time, letting the season pass you by and ending up empty-handed But what one should reap is life's richest harvest: drawing closer to God and getting to know Him The only way to achieve true happiness is to accomplish something in this world and also to achieve spiritual success

Those who know God do not begin their daily duties before first meditating on God and charging their minds and bodies with blessed divine energy

The world's many demands can deter those seeking their spiritual goals and divert them from their chosen path But those with unwavering resolve do not allow anything to push them off course; they persevere with determination regardless of difficult or adverse circumstances

No matter what the world gives us, it will not satisfy the longing of our hearts, which yearn for something more stable, greater in importance, and more precious than all that the world's treasures and riches contain

When a person dies—may you live long—no power on earth can do anything for them Who can help us after we leave this world? God Therefore, we must always remember that this world is

merely a temporary stop on our journey to our heavenly home, where we will live forever in the presence of the Most Merciful

Excessive wealth does not guarantee health, peace, and effectiveness, but attaining peace and effectiveness will lead to balanced success on both spiritual and material levels

Most people develop mental efficiency solely to achieve material success But when a person becomes master of himself and manages his psychological powers and acts in accordance with the divine plan, his life will be blessed, and he will taste the nectar of the spirit while on this earth He will no longer be a prisoner of habits and desires, but his consciousness will be transformed into the heart of the divine presence, and he will dwell there enjoying renewed pleasures that defy description

The body is the greatest pharmacy

Medical researchers have discovered that when we experience overwhelming joy, the body produces antidepressants and other stress-reducing substances that are just as potent and effective as those prescribed by doctors The body is the greatest pharmacy on Earth, capable of producing the right thing at the right time when we are in harmony with the spiritual balance God has placed within us

Not all stress is harmful; stress awakens the vital energy flowing through our bodies and stimulates activity and movement Studies have shown that a reasonable amount of stress is beneficial

But the problem arises when stress exceeds a healthy level

Each of us has a personal limit to stress, and when that limit is exceeded, we become more stressed than we should be, and we may not be aware of it until problems begin to appear in the body, emotions, and mind

Life with God is joy and happiness, while without God there is anxiety, turmoil, hardship, and even disaster So how can we find peace and tranquility in a life dominated by calamities and tragedies, and bring some bliss to this earth?

The first requirement is to be aware of life's pressures when we are under their influence

God is All-Wise and All-Knowing, and He has endowed our bodies with signals such as comfort, discomfort, tranquility, and anxiety, and we must pay attention to these signals There is a divine intelligence within our bodies that tries to tell us something, and we must listen to these messages during times of stress or rest When you feel stressed, focus your mind on the part of your body that is experiencing stress, then take a deep breath and, at the same time, gently tense that

part until it vibrates Then relax and release the tension This will help maintain energetic and vital balance in the body and protect it from the harmful effects of stress

We can also manage emotional stress through breathing When you feel fear or any other harmful emotion, breathe in and out slowly, deeply, and rhythmically several times, allowing your body to relax with each exhale This will help slow your racing heartbeat, restore normal blood circulation, facilitate the flow of vital energy through your nerves, and help calm your mind and clear your thoughts

Life is not an emergency situation; it is a beautiful divine expression, and we should enjoy it Let us remember that a smile is a power; if we don't use it, we lose an important aspect of life

Humans are souls with emotions and feelings, and they have a body they wear like a garment or outer coat But as long as we live solely on the level of the body and emotions, we will fall under the negative influence of stress and tension

When we are in harmony with our essential nature, which is the spirit, the joy of the spirit flows into the heart and transforms into love Feeling this love, connected to the peace and tranquility of the soul, and acting and interacting under its harmonious influence, is the most suitable way to live naturally in a world teeming with tensions and

contradictions Harmonizing with this joy is the solution to life's problems

Note: Regarding the statement: "The body produces an antidepressant and other substances that reduce stress and tension, no less potent and effective than those prescribed by doctors," this is not advice to dispense with medical advice and prescriptions, hence the need for clarification

Magnetic equations

A person with a strong presence and evil tendencies + a kind-hearted but weak-willed person = evil magnetism prevails over kindness

A weak-willed person with evil tendencies + a strong-willed person with good tendencies = the good magnetism overcomes the evil one

Weak spiritual magnetism + evil biomagnetism = strong evil magnetism

Strong moral strength + weak moral strength = greater moral strength

A person who is angry and violent + a person who is gentle and kind = the magnetism of anger prevails over gentleness

Strong, balanced, and calm temperament + temperament that sometimes tends towards discontent = the magnetism of calmness prevails

Chronic ingrained failure + less ingrained failure = strong failure magnetism

Strong positive success + less positive success = enhanced success

Strong failure vibration + strong success vibration = either strong failure magnetism or strong success magnetism, depending on the environment and conditions

A strong, sound mind + complete ignorance = either shrewdness and skill or ignorance and stupidity

Outstanding spiritual power + outstanding practical power = Spiritual magnetism - a truly outstanding practical power

If people could see the multitudes of planetary beings in the ether surrounding them, perhaps some would try to find their departed loved ones God has opened my spiritual eyes, and I see many of those souls who have left the earthly realm By focusing deeply on the spiritual eye (the center of the forehead), one can see with inner vision the radiant world inhabited by all the good souls who have ascended to the etheric plane to the presence of the Most Merciful

In humans, the heart acts as a wireless receiver and the spiritual eye as a transmitter Even if you cannot see your departed loved ones, if you calmly focus your feelings on the heart, you can feel the presence of those dear to you who now live in ethereal bodies, enjoying God's peace and security and rejoicing in their freedom from the

constraints of the body, so you find comfort in their peace and your heart is reassured about them

When I utter the name of God, my entire being melts into supreme joy But this state only came to me after great effort At first, I was not one for yearning, for my mind was then adrift But now, as soon as I focus my thoughts and awareness on the spiritual center—the space between the eyebrows—all thoughts vanish, breathing ceases of its own accord, the heart stops beating, the turmoil of the mind subsides, and states of being descend upon the soul, so that I experience spiritual ecstasy and am enveloped in divine bliss

Golden sayings

Happiness is my right, my inheritance, and my hidden divine treasure Guide me to find within myself the treasures that surpass the dreams of kings

* * *

Life is an intelligent movement with a regular rhythm It shapes itself in inanimate objects, or takes on a living and moving form Life is all-encompassing and permeates everything

* * *

O Greatest Lover, You are life You are my goal and my aspiration

* * *

Make me a blooming rose in your heavenly garden, or a sparkling bead in your radiant love necklace, or give me the greatest honor: the smallest place in your heart

* * *

Wherever others appreciate my efforts in doing good, that is where I can provide the greatest service

* * *

Let us weave a golden carpet of dreams with silken threads of sweet memories and refined thoughts

* * *

Love is like sandpaper that polishes the mind and removes roughness from character

* * *

Pandemics, calamities, and violent changes in nature that bring devastation, destruction, and widespread harm are not "divine decrees" These disasters stem from human thoughts and actions Wherever the world's delicate balance of good and evil is disrupted by the accumulation of harmful waves and vibrations caused by human ill intentions and wrongdoings, chaos reigns and widespread destruction ensues

* * *

I will take the best from every people, and I will appreciate the good qualities of all nationalities without focusing on their flaws

* * *

Just as we care about the nutritional value of our daily food, we should also pay attention to the psychological nutrients we provide to our minds every day

* * *

Kind words are a wondrous remedy for many ailments, possessing a powerful, almost magical, magnetic force that brings abundant blessings and prosperity to their speaker Those who use soothing, gentle words feel a subtle current flowing through them without interruption, their being filled with a profound sense of tranquility This is because this current is connected to its higher source, a constant flow that reaches souls in harmony with that source, enabling them to transmit happiness to those yearning for peace

* * *

How many kind words from the heart have dispelled many sorrows and how many wise voices have illuminated dark paths with lamps of joy and tranquility!

* * *

We grow through every experience we go through, as long as we realize we can learn valuable lessons from them For every pain and suffering we experience has meaning and purpose

* * *

Despite the harshness of the experiments, they are like fire that melts iron ore to turn it into beautiful, durable, and versatile steel

* * *

All the remarkable achievements in my life have been accomplished through the power of a mind in harmony with God When the divine generator is running, everything I desire comes to fruition without exception, first taking shape as an

invisible, ethereal design and then manifesting with irresistible force in reality

* * *

When the mind whispers to God a heartfelt, fervent whisper from the depths of a yearning soul, the spirit's call will touch the universal heart, and the answer will come, bringing with it immense joy This intellectual whisper cultivates the will until it possesses the strength necessary to achieve the desired goal

* * *

When a person’s mind and will are in harmony with God, they are charged with limitless power, so that merely thinking about something is enough to achieve it, because divine law works in favor of those who are in harmony with the supreme will

* * *

A person should not devote all the intellectual faculties God has bestowed upon them to the pursuit of fleeting things , lest they lose themselves in the labyrinth of materialism and create unnecessary limitations and constraints for themselves Instead, they should use their intellectual powers to acquire the necessities of life and strive to develop their moral faculties in order to distinguish between right and wrong, and between what is harmful and what is beneficial

* * *

The truth lies beyond opinions and theories, and many who adopt this approach become bound by their own subjective conclusions

* * *

Open, O Lord, the gates of tranquility and guard the sanctuary of my spiritual thoughts from the attacks of evil whispers And let the roses of my longings bloom in the garden of my heart as I await the dawn of Your coming

* * *

Theoretical knowledge cannot acquire divine knowledge, and it is advisable not to spend one's precious time on theories that cannot be applied in reality, otherwise one will find oneself in the midst of dense intellectual jungles and unable to transcend the realm of theories

* * *

Happiness is the fruit of psychological victory over the volatile circumstances of life

* * *

He whom God recognizes may be unknown to the world

* * *

If a person programs himself with theoretical knowledge [without actual testing], he will become like a portable recording device that repeats proverbs and echoes lofty phrases, and others will consider him a learned scholar, but such knowledge is not reinforced by a direct perception of the truth, nor is it matched by spiritual attainment

* * *

Problems will persist in the world, so where can one turn for guidance and direction? One's thoughts, influenced by habits, prejudices, biases, and fanaticism, are of no use, and the influences of

one's environment, family, country, or world are incapable of providing true guidance Therefore, one must turn to God and listen to the calm, serene voice emanating from the depths of the soul, a voice in harmony with truth

* * *

Open your hearts to the divine outpouring so that it may flow through you and fill your lives with spiritual blessings and goodness

* * *

Whatever work you do and whatever achievements you can accomplish, always remember that God is the source that provides you with all the strength you need to work and achieve

* * *

Let me remember you, Lord, in poverty and in prosperity, in sickness and in health, in ignorance and in wisdom, and let me see your blessed light that grants wellness and healing in an instant

* * *

In the solitude of my thoughts, I long to hear your blessed voice Banish from me the harsh, earthly voices hidden in the folds of my memory I want to listen to your serene, melodious voice forever in the tranquility of my soul

* * *

Life is shrouded in darkness, and sometimes we stumble and hesitate to move forward We must let God's light be our guiding lamp as we walk through life's dark paths He is the full moon in the nights of ignorance and darkness, the sun of radiance in the hours of awakening, the beacon of

guidance, and the guiding star for those traversing the seas of earthly, fleeting existence

* * *

It is time for man to awaken his consciousness from the slumber of forgetfulness to the awakening of the spirit

* * *

We ask you, Lord, to raise our awareness from the depths of ignorance and narrow, limited thoughts to the horizons of peace, light, love, and universal human compassion

* * *

Things will eventually get better because God's powers and wonders are hidden behind the contradictions of human life, and whoever is not convinced of the inevitability of the situation and tries to penetrate with his mind and faith to what is beyond the veil will have the door opened for him that is [knocked upon by every believing hand]

* * *

Faith never means being reckless or not dealing wisely with circumstances Rather, regardless of what happens, a person must assure himself that God alone is able to support him in difficult and stressful circumstances if he turns to Him with all his heart, soul, and feelings

* * *

If our senses conveyed the whole truth to us, we would see the Earth as rivers of electrons, and we would see every particle of dust as a rolling mass of light

* * *

Those who penetrate with their insight from matter to spirit understand the nature of illusion and know the essence of truth

* * *

Whether a person is in the jungles of Africa, on a battlefield, suffering from illness or poverty, he must convince himself that God’s hand is stronger than danger and capable of protecting those who seek refuge in Him

There is no more effective way to protect oneself Of course, one must use logic in dealing with events and at the same time have complete faith in divine help

* * *

The love that dwells in the hearts of all creatures—the love of all mothers, fathers, friends, and loved ones—is derived from divine love

* * *

A distinction must be made between major and minor duties, prioritizing the most important over the merely important Furthermore, no duty should contradict another The scriptures tell us that when one duty conflicts with another, it is evidence that it is not a true duty

* * *

As the sun's vital rays spread, I will spread rays of hope into the hearts of the poor and the abandoned [those whom society has forsaken], and I will instill new determination in the hearts of those who think they are failures

* * *

The teacher Paramahansa said to one of his disciples: "Don't exclude anyone from your circle of love Keep everyone in your heart and they will keep you in theirs"

* * *

Lord, help me to always use my will to accomplish beneficial and good deeds

Help me to conform to Your will so that all my thoughts respond to Your purposes and are in harmony with Your will

He helped me awaken the hidden, blessed power within me so that I could overcome all difficulties and trials

* * *

Wake up to that bold and humble spiritual personality – one that combines the strength of lions with the gentleness of doves

* * *

I will not be bothered by bitter, false criticism, nor by lavish praise and flattery My only wish is to do Your will, O Lord, and gain Your favor

* * *

You cannot imagine the overwhelming joy that will fill you when you feel the divine presence Your soul will then be intoxicated by God's boundless love It is a love that surpasses any human love millions of times over—a love that fulfills all your desires and fills your heart with joy and contentment

* * *

Through inner focus, you can directly experience spiritual bliss within yourself and

around you If you cultivate this awareness, your personality will grow harmoniously, and you will acquire an attractive magnetism for people and other beings

* * *

O Great Protector, I do not care if I lose everything because of my destiny, which is of my own making, but I ask you, my only refuge, to protect the candle of my love for you from the winds of heedlessness and forgetfulness

* * *

Let us drink to our fill of the pure, refreshing waters of peace flowing from the springs of favorable circumstances, enhanced by our firm resolve to think positively and have an optimistic outlook

* * *

Conscience is an intuitive sense that reveals a person's true nature and motives When your conscience is clear, and you know you are doing what is right, you have nothing to fear A clear conscience is a testament to good conduct from God Being acquitted in the court of conscience means possessing happiness and receiving God's blessings

* * *

Try doing bold and pleasing things that most people don't do, and give love and peace to those whom others overlook

* * *

The teacher Paramahansa said to one of his disciples:

"If you do not spend time cultivating the mind, no amount of material prosperity will satisfy you This cultivation is not torture but rather training of consciousness to nourish the thoughts and actions that lead to happiness"

Your happiness is your success, so don't let anyone steal it from you Protect yourself from those who try to bother you When I was a boy, I used to lose my patience whenever some people spread false rumors about me Later, I realized that my peace of mind is more important than people's approval or admiration

* * *

If only you knew the story of divine love that some devotees experience with God! No other experience in life can compare to that joy I knew a saint who was constantly absorbed in the love of God, and his face radiated holy love God's eye is always on those who love Him, and He never abandons them for a single moment

* * *

Few are those who are interested in developing their mental and spiritual powers

* * *

Do not allow yourself to sink to the bottom of procrastination Rise from the slumber of boring ordinary reality and set off towards the horizons of a refined life where there is achievement, joy, and peace

* * *

Within you lie tremendous potential waiting to be invested, and you are the only one capable of activating and benefiting from it

* * *

Freedom from the dictates of bad habits and unhealthy passions brings much greater happiness than material success

Literary success brings a psychological happiness that external circumstances cannot take away from you

* * *

You can spend all your time accumulating money, but that money won't give you the lasting peace and security you seek On the contrary, it will bring you more unhappiness because happiness and peace reside in the mind, not in things themselves

* * *

Do not allow weakness to seep into your mind, and be cautious when associating with people who have negative thoughts and a pessimistic outlook, lest their weak thoughts seep into your mind, unless your mind has reached a degree of strength such that the thoughts of others cannot weaken it, but rather, on the contrary, it is able to strengthen the thoughts of others and enhance their self-confidence

* * *

God comes first, and we should not begin or end our day without thinking of Him We must remember that without the strength and energy we receive from God, we would not be able to

accomplish any of our tasks This is our greatest duty towards Him

* * *

There is a way to evaluate and judge customs and traditions Initially, every tradition had a justification If we find that justification still holds true, then the tradition has meaning and benefit However, it is unwise to follow traditions blindly We must know what is right and follow it, discerning what can bring us happiness and then applying it

* * *

When you see so many people lacking happiness or success, don't assume that's their destiny You can make yourself whatever you want to be Your inner success is what truly makes you successful

* * *

If you have nothing within yourself, you will not be happy But if you have nothing around you and are happy within yourself, you are undoubtedly successful Thus, it is impossible to judge people based on their external circumstances

* * *

Among the vast crowds, there may be a person who has reached a state of spiritual elevation and enjoys inner peace and supreme spiritual happiness

* * *

I know for certain that everything I need will come to me, and therefore I do not worry about what the future holds This is not boasting or

pretense, for I have experienced the work and effectiveness of that blessed power in my life many times

* * *

Whether I'm floating on the surface of life or drowning in the depths of the sea, I know that I am with God and He is with me, and that nothing can harm me That knowledge has given me an indescribable and profound happiness

* * *

There's no doubt that buying something new is a pleasurable experience But after a while, that joyful feeling gradually fades, and you might even lose interest in it altogether, forgetting about it and desiring something else However, the bill for that item won't be forgotten, especially if you bought it on installment!

* * *

A person should take control of their life and simplify it as much as possible They should save some money for necessities and emergencies, prioritize saving over spending on luxuries, and help others to the best of their ability When you help others, help will come to you in one way or another, and you will lack nothing and be deprived of nothing

* * *

In the joy of all hearts, I hear the echo of Your bliss, O Lord, and in the friendship of all the faithful, I feel Your love I rejoice and my heart is gladdened by the success and prosperity of my

friends, just as I rejoice in my own well-being and ease As I inspire wisdom in others, I multiply the treasures of my own wisdom, and in the happiness of all, I find my own

* * *

The greatest enemy of happiness is borrowing money to buy luxuries People mistakenly believe they cannot be happy unless they acquire something specific But even after acquiring that thing, they will not experience true happiness, despite the temporary joy it brings What is the point of chasing after the mirage of earthly happiness that promises only to break? People should live simply, without needing numerous possessions that require constant attention

* * *

My paradise is within me As I enjoy God's blessings, I thank Him, and my inner joy grows Without that inner contentment, even earthly pleasures and joys become hell I have come to realize that without that inner joy, the burden of responsibilities placed upon me would have robbed me of my peace and deprived me of my happiness

* * *

If wealth is coupled with illness and problems, the consequences will be numerous Hygiene and healthcare are among the West's strengths Harmful insects and deadly germs are effectively controlled in developed countries, while they are abundant in others But eliminating these pests is not the pinnacle of achievement, because other kinds of afflictions exist in developed countries,

such as difficult-to-pay bills and suffocating financial crises due to installment buying systems —afflictions that disturb sleep and undermine peace of mind

* * *

We are an integral part of the same consciousness from which this great universe emerged

* * *

Have you ever seen a flock of sheep? If one of them jumps, the rest of the flock imitates it without hesitation Most people are like that Someone might come up with an idea or introduce a new trend, and others will immediately jump on the bandwagon and copy it This pattern has persisted for generations Every nation has its customs and traditions, and we can't claim that all of them are correct or sound But who knows? Perhaps some of those customs and traditions are meaningless and pointless

* * *

When the turbulent storm of thoughts subsides, we enter the kingdom of peace and touch the divine presence

* * *

Think of God, or a beautiful landscape that inspires peace, or a joyful and delightful experience Positive, calm mental activity is invigorating and refreshing

* * *

We live in a chaotic and turbulent world You might think money means happiness, but when

you acquire it, you find you're still unhappy You might acquire wealth and—God forbid—lose your health Or you might have good health and lose your money Or you might have both wealth and health but suffer numerous problems with others, offering kindness only to be met with resentment and hatred in return Without God, nothing in this life can truly satisfy you

* * *

The earth becomes a torture chamber for those who live in ignorance of the divine plan But when you view life's experiences as your teachers and learn from them the true nature of this world and your assigned role in the cosmic drama, those experiences become valuable illuminations on the path to lasting contentment and happiness

* * *

There, beyond the undarkened gloom, the soundless stillness, and the uncreated nothingness, lies the eternal essence, which is the origin of existence and the source of all powers and beings, visible and invisible

* * *

God did not create this earth for us merely to eat, sleep, and die, but so that we might know His will and understand the purpose of our existence A handful of wise people have grasped the meaning of the cosmic plan, but most people are blind and unaware of that purpose

* * *

Money was never my goal in life; my goal was to serve my brothers and sisters in humanity

Therefore, God opened many doors of opportunity for me to support myself and fulfill my mission

* * *

God created this universe to operate according to a fixed and unchanging law If we violate any of these universal laws, we punish ourselves Someone who jumps from the roof of a tall building will break their bones Therefore, we cannot ignore the law of gravity without suffering the consequences

* * *

When we take a deep look at the world’s civilizations and explore the hidden secrets of ancient civilizations, a large picture emerges, with intertwined lines, diverse chapters, and precise details, and we find that man is both individual and social in nature at the same time

* * *

If God wanted us to live only in material consciousness, we would be completely satisfied with material things and content with worldly ways

* * *

Rays of purity, peace, and happiness beyond dreams flicker and dance in our essential depths

* * *

With each experience that appears in the sky of our lives during this earthly journey of ours, we must learn how to broaden our awareness and how to be more understanding of the circumstances that surround us or that we go through, and then we will be able to live in better harmony and deal more smoothly and safely with people and life

* * *

Most people imitate others A person should be original and creative, and master everything they do

In the East, the primary focus has been on cultivating spiritual happiness, while the material aspects of life have often been neglected In the West, there are some material comforts but very little psychological happiness What is needed is a balance between the two, because focusing on only one aspect of life leads to imbalance and an inability to deal rationally with life's demands

* * *

The greatest happiness - after divine happiness - is for a person to be at peace with his immediate relatives with whom he has to live every day of the year

* * *

People waste a lot of time rushing and acting impulsively without accomplishing much Few pause to reflect and try to understand what life has to offer

* * *

We must work to construct inner edifices of wisdom in gardens of peace that flourish and shine with countless flowers of wonderful spiritual virtues

* * *

Inner harmony is a rich source of strength and generates renewable energy

* * *

Looking at life, one finds that success is not easy Life is often harsh and unforgiving, and we must struggle to earn a living Think of the effort required to sustain your body and keep it healthy and free from illness! Even if you succeed in this, that success is temporary The body—may you live long—will eventually be laid to rest Necessity dictates battling numerous forces, both internal and external, to achieve the desired success These forces work tirelessly to rob you of any truly significant accomplishments

* * *

Try to remain calm under all circumstances, and let the seed of your peace bloom with cheerfulness and smiles of contentment

* * *

Even the greatest saints do not attain complete salvation unless they share their success with others, that is, their spiritual experiences and higher knowledge, by helping them attain holy knowledge

* * *

For this reason, those who reach those stages and attain those states are keen to offer understanding to those who need it If you wish to achieve true success, you will not only ensure your own personal happiness but also the happiness of others

* * *

Anyone with intelligence can make money But if they have love in their heart, they will never use that money for selfish purposes; rather, they will

share it with others Money is a curse and a misfortune in the hands of the selfish and the miserly, and a blessing and a gift in the hands of those with kind hearts and generous souls

* * *

Someone might choose to remain silent for an extended period, refusing to speak to their family members during that time While this person might achieve some inner peace as a result, their behavior is selfish and detrimental to their family's happiness They cannot be considered truly successful unless their loved ones also benefit from their achievement

* * *

Similarly, achieving material success is not only our right to enjoy well-being on our own, but also our moral responsibility towards others in terms of helping them improve their material conditions and living circumstances

* * *

I am protected behind the walls of my clear conscience I have burned away the dark past and I am only concerned with today

* * *

Today I realize that I am one with the light of the greatest good and that I am a beacon for those who struggle against the waves of the sea of sorrows

* * *

People have different views and theories about success, depending on their ambitions in life It's not uncommon to hear some people equate

success with theft, saying things like, "He was a successful thief!" This underscores that success in all its forms and varieties is desirable and sought after However, our success should not harm others

* * *

There is also another criterion for success: when we are able to bring about harmonious and beneficial results for ourselves, we should also include others in our success and share its fruits with them

* * *

Success means a person's contentment and satisfaction within their environment True success is the result of actions founded on principles of righteousness, and it encompasses the happiness and well-being of others as an integral part of one's own happiness If we apply this principle to our material, intellectual, moral, and spiritual lives, we will have a complete and comprehensive definition of success

* * *

Here in this limited world, we perceive length, width, and density, but there is another level where dimensions do not exist; everything is clear and transparent—everything is consciousness and perception The sense of taste is perception, as is the sense of smell Our feelings, thoughts, and bodies are states of consciousness Just as we can see, hear, smell, taste, and touch in dreams, so too, on that higher level, do we experience all these sensations through pure consciousness

* * *

O Lord, make us happy by feeling Your nearness, free us from the shackles of desires, and grant us an inner joy that is not affected by life’s experiences and its changing events

* * *

When our minds are in tune with higher perceptions, spiritual consciousness awakens within us and we experience amazing wonders of divine wisdom and love

* * *

If we love God completely and turn to Him with all our thoughts and hearts, we will feel close to Him and we will find that He is the greatest haven of security in life

* * *

In the seemingly empty and empty space, there is a cosmic connection and eternal life that unites us with all living and inanimate things in the universe a wave of great life flows through everything in existence

* * *

Eternity is our true home and permanent abode, and our existence in these bodies is a temporary existence, like a short rest for a caravan traveling across the desert

* * *

When we align ourselves with the creative forces of the spirit, we will connect with the universal and infinite mind capable of guiding us and solving our problems Creative power will flow to us uninterrupted from the greatest source of our

being, enabling us to achieve creative success in any area of our activity

* * *

Love grows and flourishes in an environment of trust, tolerance, and mutual respect

* * *

Bless us, O Lord, with the light of pure thoughts and good habits, so that if the darkness of bad habits and deviant thoughts approaches us, it will be immediately dispelled And help us to love You with a love so profound that neither material illusions nor worldly temptations can ensnare us or seize our minds and hearts

* * *

Things that are easily obtained are rarely valuable We know this from studying the lives of great men and women and how they became great by developing their talents, fulfilling their duties, building their moral values, engaging in in-depth study, and avoiding selfishness But the results they achieved and the accomplishments they attained were immeasurably greater than the effort they expended

* * *

True freedom lies in the freedom of choice guided by wisdom and supported by understanding, correctness, and a firm will

* * *

When you awaken your will, determination, and conscious discernment, unseen forces are unleashed from higher consciousness—through the insight of the soul—to assist you and to illuminate

the paths leading to psychological comfort and happiness, with God’s help

* * *

A person must open the channels of the soul through their own effort No one willingly chooses suffering and misery over peace and happiness Ignorance is the root of suffering and the obstacle that must be removed and eliminated Ignorance is a harmful weed, deeply rooted, that grows in the garden of humanity and crowds out the good and beneficial plants

* * *

Ignorance must be overcome by unwavering will and resolute determination The soil of the mind must be cultivated with focused attention [on the positive], and good seeds watered with the water of faith When the vital and warm rays of love shine, the seed of goodness will grow and overcome the weeds and parasitic plants, for darkness cannot exist in the presence of light

* * *

The pleasures of material things fade and disappear, but divine joy never dims It is a divine happiness that is endless and beyond description

* * *

We must never use misguided methods to achieve happiness, nor should we abandon the peace and spiritual wealth we possess within ourselves in pursuit of illusory comfort and a glittering life that may be dangled before us by

hellish actions and behaviors with destructive effects

* * *

Serenity is the best camera for capturing the divine presence Through the lens of pure and precisely focused tranquility, the blessed image will appear with perfect clarity

* * *

In fact, all wisdom is within yourself and all you need is to become consciously aware of it

* * *

True contentment lies in self-improvement, so that others seek you out rather than you seeking them out Love and friendship should be given freely, without expectation or demand Expectation only breeds misery and unhappiness Even when striving for self-improvement, one should stand alone, secure and at peace within the fortress of one's virtues and self-worth

* * *

May waterfalls of joy and optimism always flow from my heart, and may their refreshing spray touch all those I meet

* * *

Spiritual joy generates in the soul the desire to help others in every way, and develops the ability to appreciate the refined moral pleasures that lead to happiness, thus reducing the inclination towards crude pleasures

* * *

No matter how small your role may be, it remains as important as the greatest roles in terms

of contributing to the success of the cosmic play that souls perform on the stage of life

* * *

Total consciousness is an absolute, infinite consciousness, constantly renewing itself and its creativity never runs out, and through you it tries to express a unique aspect of itself

* * *

If you taste divine love even once, you will never give it up because there is nothing else like it in the entire universe

* * *

Those who know God have reached very advanced spiritual stages, such that they are not content with merely offering spiritual advice to sinners, but they can – by the grace and help of God – charge them with the spiritual power that liberates them from the consequences of their sinful deeds

* * *

All good and evil deeds are latent in brain cells and appear as good or evil habits or tendencies in thought

* * *

A person who suffers from unhealthy habits due to their brain cells being charged with the power of those habits can liberate themselves through willpower, meditation, sincere prayer, and continuous positive affirmation until all their undesirable habits are transformed into good habits of peace and tranquility This happens when the rightly directed life force works to change the

abnormal nature of brain cells, so that those cells become filled with all that is good, virtuous, and beautiful

* * *

Understanding is the inner eye, the vision of the soul, and the telescope of the heart It is the balance between the composure of the mind and the purity of the conscience

* * *

Every day we see different scenes, and every day brings a new lesson to be learned It is expected that a person will learn the lesson by focusing on the ultimate purpose of his existence: to recognize the source of his being and the foundation of his life

* * *

Let us work to forget the sorrows of the past and resolve not to dwell on them With unwavering determination and active will, let us renew our lives, enhance our successes, and nurture within ourselves good habits and noble qualities

* * *

Anyone who exposes the weakness of others and causes them embarrassment and resentment is far from wisdom and sound judgment

* * *

Sayings for all times and places

Those who are in harmony with God see breathtaking beauty and taste supreme sweetness that cannot be experienced in any other way

When my soul called out to You, the clouds of Your silence burst forth, O God, and the rain of

Your mercy poured down in torrents until it became an overflowing flood of Your grace Your blessed river engulfed the banks of my being, and my soul plunged into the waters of eternity, and the bubble of my small life dissolved in the ocean of Your all-encompassing existence

My mentor taught me how to use the chisel of wisdom to make myself a temple worthy of the divine presence

If you want to achieve a noble goal, start by creating a mental model for it You can now firmly establish any direction in your consciousness if you plant a strong idea in your mind; then your entire being will conform to that idea, and your actions will align with it

When you touch the divine heart, your troubles will fade away, love will fill your heart, and wonderful spiritual experiences will dance like pure fountains in the gardens of your mind

Many clouds try to hide you and conceal you from me, but through the dew of tears of longing, your blessed name appears to me flashing in bright golden letters from behind all the curtains and veils

Purity of conscience means dealing transparently with the truth

There are essential needs and what some consider "necessities" that are actually unnecessary and superfluous Life should be simplified by focusing on basic needs and eliminating unnecessary luxuries

How high you are, O friendship, and how fertile and sacred your soil is! Love is your nourishment and loyalty your drink

When two people walk in harmony and accord despite their differences, they are united by one goal: to find peace and tranquility of soul in pure love and mutual loyalty and where the lover does not seek pleasure at the expense of the beloved then, in the garden of altruism, the fragrant flowers of friendship bloom and spread their sweet scent

The world trains our minds in a different way, making us accustomed to so many things that we begin to think happiness is unattainable without them But life, and children's lives in particular, must be simplified; otherwise, life will teach them through bitter disappointments

The truth is more accurate and realistic than mere thought or imagination, but what we think or imagine may sometimes come true

Imagination is a crucial element in the creative thinking process However, imagination must mature and transform into a firm conviction, and this is impossible without strong willpower

If you visualize something with all your willpower, your imagination will transform into a personal conviction, and when you can maintain that conviction

Despite all the opposing opinions, your conviction will materialize in reality

One must learn to stand on one's own, supported by one's own virtues and self-worth

Spiritual joy is a renewed joy and appears increasingly in those who think deeply about God It is a joy that helps in making the right decisions and doing the right things, and when it is found, unhealthy desires and cravings fade away because they lose their appeal compared to spiritual joy

Our Almighty Creator has given us life, strength, and wisdom, and it is our duty to give Him our attention and raise our hearts to Him in love, gratitude, and recognition of His favor and kindness

Help me, O God, not to kindle the fire of anger, lest I burn with the flames of resentment the green oases of peace within myself and others Help me to extinguish the fire of rage with the ever-flowing rain of my love

May the lake of my gentleness and my peace remain calm and still, undisturbed by the storms of discontent that bring nothing but misery

Performing acts motivated by a sense of duty, or sacrificing personal desires in service and love of another person, is far better than doing so out of fear

Even when a person stops transgressing divine laws, he should do so out of love for God, not out of fear of His punishment

Whatever you fear, turn your thoughts away from it Leave it to God and strengthen your trust in Him

Fear is always with man, and getting rid of it is possible by thinking about God and feeling His presence

It may be difficult at first to walk the paths of virtue, but they are blessed paths that lead to peace of mind and true happiness

May the glory of God shine upon every corner of our lives, may His love dwell in our hearts, and may His light fill our consciousness

O my divine beloved, the flowers bloom and the seasons change, and all speak of you The full moon reveals the features of your smile, and the sun carries your celestial lamp I swim in a sea of tears, overflowing with longing for you In the leaves of the trees and the veins of humankind flows your life and vitality, and I feel the beat of your cosmic heart throbbing within my own

When I feel your presence, I feel as though I am awake in another world, and from time to time I dream of this earth and this small body—my own I am awake in unending bliss, and my daydream of earthly life is perfumed by the happy memories of my waking moments with you I have uprooted the weeds of nightmares from the garden of my dreams and planted in their place the roses of my inspiration, where the fragrance of my longing will draw you in, and you will come to take me with you to the horizons of eternal bliss

O God, make me transparent with purity and cleanliness so that I may bring forth Your healing light within me

Calm the trembling mirror of my mind so that it may reflect your infinite face

Open the windows of faith wide so that I may breathe in the fragrance of your peace

O You Who are radiant in Yourself, O Majesty Who defies description, gaze with my eyes that yearn for You, so that I may see nothing in existence but You

Behind all the phenomena and appearances of life lies the silent voice of God, who constantly calls to us through flowers, holy books, our consciences, and all the beautiful things that make life worth living

Every effort made by the seeker to reach spiritual peaks is counted by God for him and rewarded well for it

We ask you, O Lord, to illuminate our minds with the light of your truth, to make our hearts beat with your love, and to fill our souls with your joy and the abundance of your grace

From that transparent horizon which the mind cannot penetrate, God pours forth His eternal light And from the cosmic mind come sublime inspirations and blessed powers, and creative activity flows into open and harmonious minds

When you find that your soul, your heart, every spark of inspiration, the blue sky, the shining stars, the mountains, the earth, the birds, and the flowers are all bound together by a single thread of cosmic rhythm, spiritual joy, and universal unity then you will realize that they are all waves on the breast of the divine ocean that has no shore

If we forget our Creator, we deserve suffering We must realize that God is our beloved and loves us, and this knowledge will free us from our problems and suffering

The true lover of God never ceases his search for Him, even if he fails to find Him after many attempts Just as a wave must return to the heart of the ocean after the storm subsides, so too is the earnest seeker; he possesses an implicit belief that the obstacles will crumble and that he will inevitably unite with the cosmic ocean sooner or later—that infinite ocean from which he came and to which he returns

When the mind constantly thinks of the divine beloved, the heart sings songs of joy and happiness

Spiritual emanation is the emergence of man from what he is now to what he will be in the future

A person cannot hide their true nature from others the vibrations of their thoughts will somehow be reflected in their behavior and will appear through their actions

There are many who have a misconception about freedom; they consider freedom to be doing whatever a person likes to do, and I call this freedom the freedom of whims

Because of a misunderstanding of the true nature of freedom, some parents enslave their children to tradition by immediately fulfilling their desires The child then grows up believing that as long as their wishes are granted, they are happy, and that the purpose of life is to fulfill every desire However, they later discover they were mistaken , as the outside world is entirely different from home life, and they learn that fulfilling every desire is not easy! Others may push them aside and disregard

them in pursuit of their own desires Consequently, the child becomes hardened and emotionally numb due to the overwhelming urge to satisfy their own desires Therefore, parents must help their children to develop their will and discernment so that they can live in the world without falling into its traps and pitfalls

The mother says, "Teach him with love" Of course, treating children with love is generally good, but too much sweetness spoils teeth, and similarly, too much pampering spoils children A degree of firmness and resolve is necessary, but if a child is treated and punished harshly for a mistake, the consequences will be dire There should be a balance in how children are treated and dealt with ; every father should temper his temperament with love and tenderness, and every mother should season her love with wisdom and rationality

A person must maintain a stable psychological state of love and longing for God I have tried many jobs, but whatever the nature of my work, my thoughts always remain with God

We should enjoy this creation, but without allowing it to enslave us And experience has taught me that the joy of finding God is unparalleled

Before embarking on major tasks, one should sit quietly, calm the senses and thoughts, meditate deeply, and seek divine help in order to obtain spiritual guidance and sound direction

Let me realize that the smile on the face of dawn, on the lips of flowers, and on the faces of noble men and women is your smile

I will not be affected by successive images of misfortunes, bad luck, illness, or any unexpected obstacles because I realize that a disciplined consciousness closely related to cosmic consciousness does not implicitly suffer from failures and annoyances

Freedom means the ability to act according to wisdom, not according to the dictates of passions, habits, and whims Obeying the ego leads to slavery, while yielding to the promptings of the spirit leads to liberation from constraints

It makes no difference to me whether I live in a luxurious palace or a humble cottage, as long as God is with me

I will use my honestly earned money to live simply, foregoing extravagant living

Through faith in God and the use of willpower, a person can overcome illness, failure, and ignorance, as long as the vibrations of the will are stronger than the vibrations of physical or psychological ailments The more chronic the illness, the stronger and more determined the will must be, and the deeper and more steadfast the faith, in order to achieve the desired outcome

Inspire me, O Lord, to place my trust in You alone, not in human means of protection Let me not let fear and anxiety paralyze my boundless strength to face any of life's trials Let me not imagine accidents, calamities, and misfortunes for

fear of their actual manifestation through thought and imagination And let me realize, O Lord, that whether I am awake or asleep, awake or lost in daydreams, alive or dying, Your protective presence still encompasses and guards me

The wise say: The fruit of good deeds motivated by love of God and virtue is harmony and purity The fruit of deeds motivated by selfish desires and ambitions is pain and suffering The fruit of evil deeds is ignorance and folly

Good deeds bring happiness, while worldly actions driven by self-love lead to suffering and pain Continued evil deeds, however, destroy a person's capacity for discernment and understanding

If you wish to live in peace and harmony, your intentions must be good, and you must spread thoughts of kindness and feelings of love If you live a virtuous life, you will help others through your example and good conduct

The moment I feel anxious and mentally confused, I will retreat to stillness and contemplation until I regain my composure, and I will begin each day by thinking about God and asking for His help and guidance

Resolve not to allow the suffocating weeds of hatred to grow and infiltrate the garden of your life, a garden brimming with the virtues of a noble spirit And the more you cultivate these fragrant, rose-like qualities, the more God will reveal to you the greatest secret of existence within you

The purpose of life is to attain peace, contentment, immortality, safety, and knowledge of the truth, and at the heart of these desires that stir within us lies the divine essence deep within us

May I find my freedom in You, O Lord, and realize that my true home is Your total existence and that I am an integral part of Your cosmic consciousness

O vast, divine sea, let the rivers of my desires, flowing through the deserts of obstacles and impediments, finally mingle in your great depths9

Only in the divine fortress do we find protection and security, and there is no safer refuge than feeling close to God and touching His presence

Since humans are governed by habits that shape their inclinations, tendencies, character, and desires, if those habits are bad, character becomes harmful and actions become evil Therefore, it is advisable to prioritize good habits, as they then guide our actions and thoughts toward noble goals and bring us health and happiness

Wherever there are sad and suffering souls, I find my comfort in serving and consoling them I will do my utmost to bring joy to others and will empathize with their feelings as if they were my own

Mental abilities exist in humans, but they remain underdeveloped in most people, and failing to cultivate these abilities leads to serious consequences Like the body, the mind needs

proper nourishment and exercise for health and vitality

A diamond receives and reflects light, and so do pure, transparent souls that know God and shine with His presence

O Lord, You are the true wealth in life, and by finding You first I will find in You everything I need

People usually focus solely on food, air, and sunlight to maintain good health, but there may come a time when health deteriorates despite an abundance of these external sources of life It is then that the need arises to recharge the body's energy reserves from within

If the boat of my mind approaches the rocks of greedy desires that involve dangers and risks, driven by the fierce storms of ignorance, then be, O my God, my beacon and always guide me to the shores of Your righteousness and goodness

Thought is like a flame whose concentrated power should be used to burn away the obstacles that prevent achievement

God can be found through constant divine love When we love God more than His gifts, He will come to us He has given us free will and the power of choice so that we may distinguish between the world's fleeting and insignificant gifts and the gift of closeness to Him and the joy of His blessed presence

We were given memory so that we could practice remembering good things until we could finally remember the greatest good: God

The breeze of Your love flows through me, O Lord! And the leaves of my life dance with joy at Your coming Their delightful rustling drifts through the air, inviting the weary to rest in the shade of My spiritual peace

Life's difficulties are not meant to harm us; rather, problems and illnesses offer us lessons Our painful experiences are not meant to destroy us, but to purify us and hasten our return to our pure source—God—who works in every way to help us and bring us back to our heavenly home

Infinity is our true home, and our travel to this earth and in these physical bodies is like a short-term visa trip

Lord, I know that praise does not elevate me, nor does criticism diminish me I am as I am before my conscience and before You I will continue on this path, doing my best to serve everyone and striving to earn Your favor—in that lies my happiness

You are a unique creature and your essence is wonderful, so get to know your true self

With the dawn of your arrival, the buds of my longing will blossom into fragrant, vibrant flowers

O Lord, hasten the coming of that day when I will weave a necklace of those dewy flowers and place it on Your blessed threshold

Instead of constantly striving to please himself alone, he should also try to bring happiness to others When he attempts to offer spiritual, intellectual, or material support to others, he will

find that his own needs are met and that the cup of his life overflows with joy

Those who achieve a brilliant victory over darkness on earth will have the light of glory as their portion and will enjoy inner peace and happiness

O Lord, continually scatter the seeds of Your blessings in the soil of my heart, plowed by supplication, so that they may grow into shady trees whose branches bear the most delicious and sweetest fruits of self-knowledge

We often remain in pain without making an effort to change, and that's why we don't find lasting peace and contentment If we persevered and made an effort, we could certainly overcome all difficulties We must strive to move from misery to happiness, and from despair to courage

O Divine Love, unite my love with Your love, blend my life with Your joy, my mind with Your cosmic consciousness, and quench my thirst from the fountain of Your eternal joy

The heart of the sincere seeker always whispers: "O my God and my Beloved, I do not want to be immersed in the turmoil of this illusory world, and all I want is to awaken Your love in the hearts of people My heart, my soul, my body, my mind, and all that I possess are Yours, O Lord" That seeker reaches God and comes to know Him

Lord, grant us a new and true understanding of brotherhood Let us abandon wars and heal the wounds of nations with the balm of love and the lasting comfort of compassionate understanding

Bless us so that we may be freed from the influence of greed, the dominance of deception, and the control of illusions, and help us to build a new world in which sickness, ignorance, and famine are nothing but dreams of a bleak and grim past

Let us solve all problems not with the logic of the jungle, but with understanding, truth, and unwavering faith in You and Your divine justice

Life has brought us together here for a time, after which we will go our separate ways But if God's love dwells within us, it doesn't matter where we go, because no matter how far we stray, we will remain within the circle of divine love and will never be truly separated

Lord, make me an eagle of spiritual progress soaring high above the alleys of narrow-mindedness and extremism

Call me to higher and higher horizons, beyond the intense earth tremors and clouds that block the sunlight

Let me take up the wings of balance to live right, and let me soar to those lofty skies above all storms and hurricanes, where there are wide horizons and sublime perceptions

Peace comes when we open our hearts to love and kindness Those with loving hearts and active in good works experience peace because it dwells within them Peace is the sanctuary of heaven and the foundation of a happy life

We should always think of the divine beauty behind the flowers, the cosmic light behind the sun, and the great life that flickers in every eye

When a person is truly kind and shows respect towards others, and returns compliments in kind, they will always be treated with appreciation and respect

I will spread my love to others so that I may open a gateway for God's love to come to me and dwell in my heart

Lord, let me be a beacon for those drowning in the depths of sorrow Help me to bring joy to others in gratitude for the spiritual joy You have bestowed upon me

I will melt hatred in the fire of my love, and I will forgive others and give love to all thirsty hearts

True love is the love that rejoices in the comfort of the beloved

May your light shine upon us, O Lord, and may your love fill our hearts forever

Having a spirit of initiative means having the power of creative imagination that enables a person to invent something that no one has done before Every person is born with this gift bestowed upon him by God

The greatest love is divine love, which makes life beautiful beyond words When you feel God with you, coming to you wherever you are and guiding your steps, divine love has begun

The power of truth goes against the wind

Lord, when I face temporary difficulties, let me remember Your abundant blessings upon me in the

past, knowing that Your help never leaves me and Your care is always with me To You I offer my heartfelt gratitude for every blessing that comes to me from Your generous hand

Drops of love shine in good souls, and God can only be found in the sea of love

Understanding is the lamp that illuminates a person's path and brings them success

In the spring, God adorns nature with the most beautiful roses and flowers with exquisite attire and bright colors

Peace is the first herald announcing the approach to the Divine Presence Afterward, peace transforms into lights brighter than endless joy

When I delve deep into the sea of meditation, I feel a blessed flutter within my being and hear a whispering voice saying, "I am near"

One must turn inward, to where the soul expresses itself From the depths of the soul spring all the experiences of inner life

When the soul realizes itself with divine consciousness, it feels great joy and expansion into the boundless space

If you use all the external means and resources available to you, in addition to your natural abilities, in order to overcome all the obstacles that may stand in your way, you will develop the powers that God has given you: those unlimited powers that spring from the deepest depths of your being

Love walks the golden path that leads to God

I will spread the sunshine of good wishes and good intentions wherever the darkness of misunderstanding has crept in

When difficulties attack you, yet you refuse to stop trying and making an effort, despite all the obstacles and impediments, then God will respond to you and crown your efforts with success

O Lord, I will pluck the flower of longing from the garden of my heart and place it as an offering of love on Your holy threshold

Since our thoughts and words are the seeds that will bring us the harvest of the future, I will begin today to fill my consciousness with good, positive thoughts

I fly and soar in the plane of my consciousness up and down, north and right, inside and outside and everywhere to find that in every corner of space I was and still am in the presence of God

Live each moment in awareness of your relationship with the infinite Absolute There is no end to your consciousness, and all things flicker and shine like stars in the sky of your being

Detachment, or non-attachment, is the wise path the seeker treads, willingly rising above trivial things for the sake of greater ones He does not bind himself to fleeting sensual pleasures in pursuit of a renewed inner joy Detachment is not an end in itself, but it paves the way for the emergence of the soul's virtues and spiritual powers

The spiritual victor advances with bold steps on the paths of life

A person should make the most of their present life, and open the windows of their heart and awaken and revive the dormant faculties of their soul

Behind the masks of change and transformation lies the divine presence And whoever can steady the mirror of their mind and prevent it from shaking, will see in that clear mirror the face of the cosmic beloved

Love is stronger than death and the ravages of time

Self-analysis is the key to success, and reflection is a mirror through which we see inner corners that would otherwise remain hidden from our view We must diagnose our shortcomings, distinguish between positive and negative tendencies, and identify the obstacles to progress and success

How wonderful you are, O friendship! You who draw from the waters of sincere, friendly concern, and whose leaves are moistened by the dew of inner and outer sweetness emanating from the depths of sincere and loyal hearts

I once saw a tiny ant trying to climb a pile of sand, and I thought to myself: the ant must be thinking it's climbing the Himalayas! The pile of sand may have seemed enormous to the ant, but not to my eyes Similarly, millions of our solar years may be less than a minute in the mind of God

We must train ourselves to think about great things such as eternity and infinity

I wandered through the world of infinity and witnessed the glowing mist in the land of light, and in that living brilliance I read the meanings of the secrets written on the pages of time

When you sleep, you passively quiet thoughts and feelings But when you consciously quiet thoughts and feelings through meditation, the first thing you experience is a state of peace, and your facial muscles naturally form a smile that reflects inner peace But you must look beyond this state of peace to perceive the purity of your soul—a purity untainted by sensory stimuli or automatic reactions to thoughts associated with the senses The state you then experience is one of perpetual, ever-renewing bliss

If you place a bowl of water under the moonlight and then stir it, you will create a distorted image of the moon When the water settles in the bowl, the reflection becomes clear The moments when the water in the bowl is still and reflects the moon's face with perfect clarity can be compared to a state of contemplative peace and a state of profound stillness In the peace of contemplation, all waves of sensations and thoughts cease to flow from the mind And in this deeper state of peace, the contemplative person, in that tranquility, sees the full moon of divine presence reflected in the lake of the soul

There are four states that the average person is familiar with: happiness upon fulfilling a desire, unhappiness when denied it, boredom when neither happy nor depressed, and peace when

overcoming these emotions or psychological states of pleasure, pain, and boredom

Peace is a highly desirable state, arising from the absence of both sorrow and pleasure, and the absence of boredom These states constantly shift and ripple on the surface of the soul After riding the turbulent waves of pain and pleasure, including repeated plunges into the depths of weariness, there is joy in floating on the calm sea of peace But greater than peace is spiritual ecstasy—the bliss of the soul—the ultimate happiness It is a perpetual joy that never fades but remains with the soul for eternity This supreme joy can only be attained through the awareness of the divine presence

A true smile is a smile of spiritual happiness obtained from contemplation and thinking about God and feeling His presence

My smile springs from a profound joy within me—a joy accessible to all It is like the fragrance emanating from the heart of a blossoming rose This great delight invites others to immerse themselves in the sacred waters of bliss

In the light of blessed forgiveness, the darkness of hatred accumulated over many years fades away

God quickly fulfills any need of His worshippers because they have freed themselves from the selfish motives that frustrate efforts and disappoint hopes

He whom God protects, nothing can destroy

We are not alone in this world, for God is with us, and there are enduring, intimate, and friendly relationships from which we draw support and joy

O shining star of guidance in the heavens of wisdom, your brilliant flash invites me to explore your blessed horizons, and my longing bird rushes with great speed, piercing the dense, gloomy atmosphere, driven by yearning for you and to bask in your most sacred radiance

One's personality begins to develop and blossom when one is able to feel - through inner, intuitive sensation - that it is not the solid physical body but the eternal spiritual current within the body

When the heart of the disciple overflows with love for God, his face will shine with a smile of peace and wisdom, and the layers of ignorance that envelop his soul will crumble and vanish completely

When you look at a flower or a tree, you know that these beautiful forms of life did not come into existence on their own God is the one who shaped them and endowed them with fragrance and exquisite beauty

Always perform your duties, both small and large, with deep attention, remembering that God guides your steps and strengthens your efforts to achieve your noble aspirations

When a person connects with their spiritual essence, long-forgotten, bygone eras and the immortal powers of the soul return to their

consciousness In meditation, one remembers that they are an immortal soul, not a mortal body

Everywhere we find people, good and bad, searching for happiness in their own way No one wants to harm themselves So why do some people act in ways that inevitably cause them pain and sorrow? Because those actions are driven by ignorance and delusion

We ask you, O Lord, to shine upon us with the light of your wisdom and to remove from us the darkness of ignorance and delusion

A conscious person should be cautious rather than fearful, and should cultivate within himself a sense of boldness without recklessness and rashness so as not to expose himself to circumstances that may provoke fear and anxiety

Wisdom does not depend on the injection of information from the outside, but on the power of internal acceptance, which determines the amount of true knowledge that can be acquired and the speed at which that knowledge can be attained

This world is merely a stage upon which we perform our roles under the direction of the Divine Director We must perform well regardless of the nature of the roles assigned to us, always remembering that our essential nature is perpetual bliss

The wisest of the wise is he who seeks to know God, and the most successful of the successful is he who has found God

O Divine Beloved, may you occupy first place in our lives, may your healing love fill our hearts,

and may your blessed light dispel the darkness of worries from our souls

Freedom means acting according to conscience, not according to the dictates of habit and desire Obeying the ego and its whims breeds constraints, while heeding the promptings of wisdom grants liberation from those constraints

Peace of mind can be found through the conscious and deliberate development of good qualities, which, when fully grown, cannot be taken away from their owner unless he chooses to give them up of his own free will

Most people seek happiness using misguided methods Some believe they can double their happiness by adopting wrong behaviors and unhealthy actions that seem to offer glittering promises of overwhelming and lasting happiness, and they are deceived by those false promises, as the taste of true happiness cannot be savored in the hell of false illusions and wrong actions

Every minute is eternity because eternity can be experienced within that minute Days, minutes, and hours are windows through which we can glimpse eternity Life is short, yet simultaneously endless and boundless The soul is immortal, and during this brief chapter of human life, we must make the most of every available potential and opportunity

Spiritual words are like seeds that need fertile soil in order to sprout, grow, bloom, and bear fruit

Spiritual growth requires self-reflection, rearranging life priorities, identifying and

eliminating harmful habits, and observing health rules and laws in line with evolving spiritual understanding and growing mental strength

When the disciple tastes divine joy, he will find that God has become more real to him than anything else, and he will realize that touching the divine presence is a bliss that no sensory pleasure can equal

God works to awaken man’s spiritual consciousness and guide his will in the right direction through the beauty of virtue, the greatness of tolerance, the majesty of wisdom, and the splendor of spiritual happiness

I will not consider others strangers because I feel that everyone is my brother or sister I will make my life successful and fulfilling so that I can help others succeed and achieve I will empathize with others and show them compassion as I show myself I will love God as the prophets and saints loved Him, and I will cast selfishness into the well of my love for others

Beyond this fleeting, earthly life, subject to death, lies an eternal, unchanging life The body is composed of chemical elements that decay and perish, but beyond this transient existence lies an eternal, heavenly life in God's presence Therefore, we should not confine all our attention to this impermanent body, and those who desire it must endure its trials and become its masters

Today I will try to help those in need and give what I can to the hungry

I am safe and secure in God's protection and behind the walls of my clear conscience I am one with the light of goodness that guides the ships of souls tossed about by waves of sorrow in a sea of confusion and anxiety

Today I feel God in the flutter of peace that trembles within me and stirs the strings of my heart

I will do all I can to make others happy, just as I strive to make myself happy, and through my spiritual happiness I will serve everyone in the house of divine love and I will fear nothing but myself if I try to deceive my conscience

From the gardens of the soul

You intend to go somewhere, and you rush yourself to get there quickly When you arrive, you find that you don't enjoy the place because of the eagerness, anxiety, and perhaps even turmoil you feel Instead, try to be calmer, more composed, and more balanced If your thoughts incline towards worry and agitation, forcefully suppress them until they regain their composure

Excitement negatively affects the balance of the nervous system because it sends a large amount of energy to some parts of the body while depriving others of their natural share This imbalance in energy distribution is the cause of nervousness A calm and relaxed body soothes the nerves and promotes psychological well-being

In harmony with God, inner vision begins to unfold gradually One must have complete faith

that God will answer every heartfelt prayer Whoever turns to Him seeking enlightenment will have their vision opened and their mind and heart illuminated

When insight opens, it manifests as a feeling that seems to emanate from the heart, a feeling of profound clarity and precision Through this feeling, the seeker gains unwavering conviction and sound guidance to follow the right path, and gradually comes to recognize and trust this feeling

This does not mean abandoning thinking altogether; calm, unbiased thinking also leads to insight Emotional thinking, driven by vanity and self-importance, leads to misunderstandings and erroneous conclusions

Reject destructive doubt and false beliefs wholeheartedly, and turn your heart and soul to the realm of faith and complete trust in God In the stillness of contemplation, your consciousness will be able to focus on truth and correct understanding In this experience, faith blossoms and unfolds, and through insight, you will experience what no eye has seen, no ear has heard, and no human mind has conceived

Every breath of my longing and supplication opens doors and windows in my soul through which I pass to God’s bliss

Just as the sun shines on the busiest roads, so I will see the rays of divine love in all the crowded places of my daily activities

Bless me, O Lord, so that I may awaken my soul with the dawn and bring it to Your blessed threshold

O Lord, grant me a generous spirit to share with others what I have, and help me to see in the still lake of my mind the reflection of my soul’s moon shining with the light of Your presence

Today I will dive deep into the sea of contemplation and reflection on God until I find pearls of wisdom and divine joy

I will love you, Lord, more than anything else, because without you I cannot love any human being or anything else

In the depths of the mountains and the still skies, and in the depths of my soul and the cave of silence, I sense the presence of God and feel His constant joy, and I drink from His pure springs that never cease nor dry up for all eternity

I love and worship You, O Lord, whose love reigns supreme in every kind and loving heart

Someone asked the teacher Paramahansa to show him a way to develop a magnetic and attractive personality, and he said: You must be mentally present when interacting with others because absentmindedness is more damaging to one's character than anything else Of course, I'm not referring to the absentmindedness of great people, whose thoughts are usually absorbed in profound matters

Always be alert and aware, and you will become an attractive magnet

No one likes to be ignored We all want our feelings to be considered and taken into account, and likewise, we must consider the feelings of others and show them consideration in order to achieve harmony and understanding To do this, you must be alert, perceptive, and attentive to everyone around you

The dead have no power to insult others, but the one who pays no attention to them does

When you are in the company of others, interact with them attentively, energetically, and with interest, but avoid talking about yourself

Everyone wants to talk about themselves, but it's a weak approach Let others talk about themselves if they wish; listen to what they have to say Let them speak of their problems, their achievements, and their impressions, but let your magnetism speak for you The light of the lamp speaks for itself clearly; let your silent vibrations speak for you with equal clarity

God showed me in a vision that those who die in battle have a terrible dream of death, but as soon as the good ones rise from the body they wake up as if from a disturbing nightmare and are glad to be free of it

All our life experiences are part of the cosmic dream Humanity created the nightmare of war, but after the victims of this nightmare leave their bodies, they realize it was a terrible dream from which they have awakened, and they understand that they are not dead This is a profound metaphysical truth

If a person knew they were dreaming, they wouldn't suffer from disturbing dream experiences But if they achieve self-realization within the dream and someone delivers a fatal blow, that dream death seems like a real and terrifying ordeal until they wake up and realize it wasn't real

This also applies to the state after death As soon as we leave our bodies, we realize that our consciousness has not died, but rather that we have been freed from the body and its material constraints and limitations, and in that liberation lies a great freedom

We should never ask for death, but rather prepare our consciousness by being in harmony with God and meditating on Him, so that when death comes in its time we can look at it as nothing more than a dream

I can see the dreamy nature of life and death whenever I want Therefore, I do not attach much importance to this body

There is a spiritual physiology underlying the nervous system that uniquely allows humans to reach the highest stages of the development of consciousness

The human brain, larger than the brains of most animals except whales and elephants, is more complex and possesses a greater capacity for thought This makes the human brain a suitable instrument for humans, who possess a more advanced consciousness than other creatures The brain's intricate and complex convolutions enable humans to think deeply and profoundly Therefore,

only humankind is capable of reaching advanced levels of discernment, and consequently, of knowing its Creator The wise person is the one who employs their intellectual abilities in the service and benefit of humanity on the material, intellectual, and spiritual levels

Winter arrived in its cold, white, lily-like cloak

My desires for the joys of summer have faded

I was told to seek the warmth of your kind heart

And as spring appeared, dancing, adorned with all kinds of flowers

Scented with the fragrance of fields and hills I was told to love you, my God

And summer came, singing its green melodies in the tender leaves, the rustling of the poplars, and the rustling of the pine trees

He insisted that I recite to you

Even the soft, tender soil caressed my hurried feet

And she asked them to approach your all-existent sanctuary

The soft fragrance told me to follow its path

To your holy temple in the heart of swaying roses and basil

And the birds told me to sing to you like them

And the undulating breeze over the streams and brooks

I awakened the bubbles of my love for you, and they began to frolic above your large chest

And with the curved fibers of the grass, I learned how to bend

I bow down to you, O Lord

And the incense also told me of the wonderful fragrance of your perfume

And how should I keep my heart filled with your sacred fragrance before your infinite throne?

And the small, silent, patient stones told me so that I might see you even in those who try to steal my happiness

The forgotten years asked me to send to my fellow human beings a message of love and affection wrapped up in every minute and second

And every thought told me to search for you in her heart

My love inspired me to love all that exists through you

And my love whispered to me, "Love me with all the strength I possess, O my God"

Once I lay on a bed of grass and flowers and dreamed that everything in existence was beautiful and joyful

My head was resting on tall, green, and thick grasses, which fanned me with breezes carrying a sweet fragrance

Then I was driven to touch my hand and my body, and I was amazed by the greatness of its Creator Yes, I was amazed that I, who am certain of the reality of my body, will one day leave it to rest in the earth this body that will become cold, pale, and motionless at the time of death, while now it seems vibrant with life and harbors hundreds of sensations, millions of thoughts, and billions of fantasies and perceptions

This body is the stage upon which the chapters of life unfold, where the buds of smiles blossom, only to be followed by the inevitable arrival of death Here, amidst flesh, bone, and blood, and behind the beautiful mask of skin, lurk the wolves of disease and the beasts of desire And here, too, beneath the flesh, lies a secret passage to the kingdom of light This body will wither and fade away when its master—the soul—departs it irrevocably And why not? For when the enlightened master of the physical abode tires of living in the muddy, crumbling hut of matter, bound by the cords of nerves that demand constant care, he finds solace in another house in some corner of God's earth—in another realm of total existence where the fragrance of joy permeates everywhere and ceaselessly

The immortal soul plays the role of life and death with a perpetual smile, then departs to its eternal home

Are moviegoers obligated to remain in the cinema forever after the show ends? Certainly not People must return home Similarly, souls come here to enjoy the cinematic spectacle of life, then depart and return again They love watching films and plays, and when they tire of the performances they dreamed of, and have mastered the lessons God wants them to learn, they return once and for all to the abode of eternal bliss

When values are not founded on justice, gaps open through which misery and suffering seep If values are based on selfishness, deadly conflict,

and fierce competition, the results will be tainted because the motives are impure, and money will not be blessed in such a case

A person must purify their conscience of selfishness and not try to enrich themselves at the expense of others True contentment is spiritual, not material, and the real gain in life is possessing the treasures of wisdom, knowledge, and the love of God

We should live simply and always strive to help others and improve their circumstances as much as possible But this noble goal is incompatible with selfishness and greed without regard for others

Those who are worldly are unbalanced and therefore not considered successful A simple, balanced life is a wonderful art and a sign of success Those whose sole aim is to acquire money will not find favor with God

It is true that God instilled in us the feeling of hunger so that we might work and provide for our bodies, but providing for the body is not the sole purpose of life The purpose is far greater than any material or temporal consideration, however wonderful, glorious, and dazzling it may seem

One of the disciples asked Master Paramahansa how to experience the divine presence He replied, "Every night, before surrendering to sleep, meditate until you feel your consciousness has pierced the world of thoughts and entered another dimension However, this is not all After turning the mind inward, longing must

surge forth, and desires must rush like a flood toward God When the disciple surrenders himself completely to God, he suddenly feels that he has touched His blessed presence and recognized Him He will see a great light of exceeding brightness, and he may see angels and benevolent souls Or he may smell an intoxicating heavenly fragrance, and he will then know that God has answered him, and his insight will be opened, and God will reveal to him the secrets of life Or he may be enveloped in great peace during meditation If he continues meditating and God bestows His great love upon him, he will feel a divine joy beyond description Blessed is he who is granted this blissful experience"

Divine love opens the gate of heaven, through which the seeker enters the presence of God

If a person asks God, the gracious and wise, for the bread of eternal life, He will not give them the stone of material ignorance If a worshipper seeks the food of wisdom, God will not offer them the serpent of deceit If a worshipper asks God for the essence of divine bliss that quenches all thirst, He will not give them the scorpion of anxiety and psychological distress If deceived humans know how to give good gifts to their children, how much more will the Lord—the source of all goodness and joy—give spiritual knowledge and enlightenment to those who love Him!

God bestows the highest wisdom and greatest knowledge upon those who seek them, and He bestows Himself upon the earnest seeker who

accepts no substitute He who seeks God with all his heart and soul is the wisest of the wise, and the dearest of people to God And when the worshipper's longing intensifies, he receives a rare and beloved response from God and experiences the unique ecstasy of love that is experienced by those who love the Beloved

The wise person who plays his part in this cosmic dream with spiritual awareness and a growing divine longing is close to God and dear to Him He possesses pure love and loves God without any selfish motives and without any preconditions, such as saying, for example, "O Lord, I will worship you on the condition that you grant me health, money, and a comfortable life"

Between the wise and God there is a deep, mutual love that is boundless and endless If someone asks God for something specific, God is fully aware that the person is more interested in His gifts than in Him

It is not wrong for a person to pray for their needs to be met, but when they supplicate to know God and behold the light of His glorious countenance, they should not desire any personal gain from it, nor should their thoughts be limited to the gifts themselves, but rather to the Giver Himself When the seeker is able to do this sincerely, they will automatically receive all other gifts from the wellspring of generosity and the ocean of bounty

One of the disciples asked the teacher Paramahansa for advice on how to behave in

certain situations and deal with others, and he said:

Follow the truth and do not deviate from it, and avoid saying anything that might harm you or others, even if it is true , as long as you do not stray from the spirit of truth At the same time, you must not go to the opposite extreme and resort to lying to avoid stating painful truths

Be honest with yourself and others without dwelling on the unnecessary Speak the truth and avoid saying things that hurt or harm anyone Don't reveal all your secrets in the name of honesty and transparency, because if you expose your weaknesses, they will try to hurt or ridicule you whenever they feel like it Why give them a weapon they can use against you?

Speak and act in a way that brings happiness and peace to yourself and others

It is necessary to develop spiritual discernment to know the difference between the truth that brings good and recounting facts without considering the consequences that may result from them, for things are judged by their endings It is not advisable to say everything you know, nor is it advisable to be evasive and secretive about matters that others should know for their own good

When you do not have full discernment, it is best to be reserved in speech until you have a direct understanding of the truth with fair results for all

Keep thinking about God and ask for His help and guidance, and your insight will be opened so

that you see things clearly and you will then be able to distinguish better

Charging the body's cells with youthful vitality

Cosmic energy flows into the body constantly and without interruption, but most people are unaware of this abundant vitality Those who do feel it experience a surge of energy in their cells and a refreshing current that provides them with renewed strength

All of nature bows in reverence to the Lord of the Universe, and His power flows through humanity The problem lies in the failure to cultivate a strong connection between humanity and the source of all power We live directly by divine power, and all other powers are useless without God's sustaining power

Food, oxygen, and sunlight—these elements can provide us with some degree of health, but we need to understand how to obtain complete health from the Infinite Source Material sources are like small batteries that eventually run out of charge, while the Infinite Source is a mighty generator whose power never diminishes, continuously supplying the soul with vitality, happiness, and strength Therefore, it is of paramount importance to rely on the Infinite Source as much as possible

The person who desires must learn the correct way to benefit from that vital supply directly from its source, and must realize that thought is reality, for all natural phenomena are an embodiment of

divine thought because God thought about this earth before creating it

Many believe that thought is a product of the body, but the extremely precise formation of the body, and the wonderful coordination between its parts and organs, clearly indicate that the body is the creation of a supremely sublime cosmic mind

The mind is the main element that controls the body, and it is very important for a person to avoid the mental suggestions of human deficiencies such as illness, weakness, aging, and frustration, and to assure himself that an inexhaustible activity flows through him, and this activity is endowed with intelligence and is able to charge the body’s cells with wellness and the vitality of youth

Thought is the brain, the emotions, and the sensations of every living cell; it has the power to keep the body either active and alert or lethargic and sluggish Thought is the master, and the body's cells are its subjects, obeying the commands and prohibitions of their supreme master: thought

We pay considerable attention to the quality of food we eat daily, and similarly we should pay attention to the quality of intellectual and psychological food we provide to our minds every day

The metaphysical scientist says that the body is not an electromagnetic wave but a wave of consciousness floating in the sea of divine consciousness

Every day we must strengthen our physical strength, increase our mental strength, and get to

know our true selves through meditation, sound thinking, and positive, productive work that benefits the body, mind, and spirit together

God has blessed me with happiness throughout these long years of my life Whether people see the smile of contentment on my face or not, divine joy is always with me and never leaves me The great river of bliss flows continuously beneath the sands of my consciousness and bursts forth as blessed springs that water the gardens of my life

Neither the sudden upheavals of life can disturb my peace, nor can the specter of death take away the spiritual happiness I feel

It was difficult to make that state permanent and unchangeable, but the fruits of the spirit that I now enjoy and share with others were worth all the effort I put into it

I think and act guided by the divine spirit Money has never been my goal in life, but rather serving my brothers and sisters in humanity Therefore, God has opened many doors of goodness for me to sustain myself and fulfill my mission And whenever I need help, God provides it immediately

My only wish is to serve you, and that is why I am here

God's power is at work in your lives as well You will experience this truth for yourselves when your faith is strengthened and you realize that true wealth comes not from material success but from the Almighty

Although life seems unpredictable, capricious, and mysterious, fraught with doubts and all sorts of problems and upheavals, we remain under God's constant protection We must not exaggerate matters or lose our composure in the face of events, because if we allow panic to overwhelm us, we give power to evil and deepen its roots, which grow and thrive in the soil of fear and anxiety

We shouldn't expect to find lasting happiness and peace in life's trials; rather, we must seek and discover them within ourselves Then, whatever experiences we go through, we will deal with them in the same way we watch someone else's experiences in a movie, whether pleasant or painful

A person can turn all their experiences into painful, unhappy trials if they allow their mind to do so They may enjoy good health and yet fail to appreciate its value But if they fall ill, they will then humble themselves and appreciate the blessing of well-being We should acknowledge God's favor and thank Him for the blessings He bestows upon us without waiting for adverse circumstances to make us grateful and acknowledge His grace

Life should be a blend of reflection and action When a person loses their psychological balance, they become vulnerable to the onslaught of worries, the clouds of sorrow, and the pangs of pain And if they attempt to violate the laws of health, prosperity, and wisdom, they will inevitably suffer from illness, poverty, and ignorance

We must keep our intentions pure, our motives clean, and act in a way that brings us peace of mind, and not allow life's circumstances to disturb our peace and destroy our happiness

also strengthen our intellect and reject the burden of intellectual and moral weakness inherited from years and generations These impurities must be burned away in the fires of renewed resolve and productive action With this constructive approach, the truly committed individual can reach the horizons of liberation and freedom

The eternal laws of happiness

It was said that during the golden age of one of the righteous rulers of India, no incident, premature death, or natural disasters occurred that disturbed the peace and complete harmony of his kingdom

When family members live with greater integrity, every home will experience more harmony, health, and affection But when family members treat each other with ugly selfishness, the home will automatically be filled with discord and hatred This also applies to nations When people live with honesty and integrity, they will witness the Kingdom of God on Earth

Time is short Today we are here, tomorrow we will depart The search for God is the highest privilege of humankind We must make the most of the freedom God has given us in this life and use it wisely so that we may personally experience eternal spiritual truths

Sin is everything that causes pain and suffering for a person Virtue is what makes them happy forever If a person does not possess spiritual harmony in their thoughts and peace within themselves, a new house, a new car, or anything else new will not be able to bring happiness and tranquility to their soul; rather, their inner torment will remain even with the acquisition of those new things and more

True happiness lies in the ability to defy circumstances and withstand all external trials It is found when you can endure the agonizing pain and harsh hardships caused by the prejudice and malicious attempts of others to harm and ensnare you, and you respond to their transgressions with love and forgiveness When you are able to maintain your peace of mind despite the painful stings of external circumstances, then you will taste happiness

The Holy Scriptures state that those who disregard divine commandments and pursue their foolish desires and whims will not find happiness nor achieve their ultimate goal They urge the seeker of truth to make the Holy Scriptures their guiding light and judge in determining what should be done and what should be avoided, and to discern matters and act according to wisdom

Those who are self-confident are the ones who act with integrity Happiness comes only from pure thoughts and upright actions If you are happy now, you will be happy in the future, both here and in the next world

We must accumulate the harvest of good fortune by gathering the fruits of wisdom while the sun of available opportunities shines In other words, we must seize opportunities before it is too late

(Seize the opportunity, for if you do not seize the opportunity, it will become a source of regret)

God has given us spiritual laws called commandments But these commandments are disregarded and broken every day and everywhere Unless people understand their spiritual meaning, they will always complain about them and turn away from them These commandments are timeless codes of conduct endorsed by all Abrahamic religions However, the texts often fail to explain the psychological aspects of these commandments and the benefits associated with following them People accept these commandments in places of worship but fail to follow them outside of them, justifying this by claiming that these rules are impractical, illogical, and out of step with the times Yet, the violation of these commandments is the root cause of all misery in the world

But what is the benefit of those commandments and where do their advantages lie?

The holy books advise man to contemplate God, to immerse his mind in Him, to surrender all matters to Him, and to worship Him with sincere worship, unmixed with hypocrisy and untainted by pretense

Knowing God should be the ultimate goal of life Worldly duties cannot be fulfilled without the power God has bestowed upon humanity To perform ordinary duties while forgetting God is a mistake and a sin

Sin means ignorance: acting in a way that is contrary to the greatest good of man

Why do people feel sadness and regret? Because they did not act uprightly because God was not first in their hearts

Nothing in a person's life should be considered more important than God If a person truly cares for God and fulfills their spiritual duty towards Him, their circumstances will improve in every way, and they will feel safe and secure despite all surrounding circumstances

As soon as a person begins to worship possessions, money, fame, or anything else besides God, unhappiness becomes their lot Those who focus all their attention on these things are in reality worshipping them, and therefore they do not draw closer to God but rather drift away from Him But those who contemplate God, meditate on Him, and commune with Him in their hearts draw near to Him and experience inner joy in their silent communion with Him

God alone is capable of fulfilling human dreams and hopes for lasting happiness Therefore, nothing should be allowed to take God's place in the heart

There are sacred symbols that may help the seeker remember God and draw closer to Him

However, if a person begins to worship these symbols, their harm will outweigh their benefit Worship should be directed only to God, for nothing else is worthy of worship

Whatever the nature of ritualistic worship, it is acceptable to God as long as the worshipper performs it with spiritual awareness and longing for Him However, many people do not grasp the essence of worship, and their thoughts and hearts are diverted from God to the rituals, thus not benefiting much from their worship

True worshippers do not allow their consciousness to be confined to any image or form, but they focus with the deepest love and full attention on the divine spirit behind all images and forms

God is absolute and infinite, and no image or statue can contain Him

It can be said that God manifests himself in everyone who loves Him sincerely and is in harmony with Him, because He is present everywhere and therefore present in everyone However, not everyone has the ability to manifest the divine presence The sun shines equally on both coal and diamond, but the diamond receives and reflects the sunlight, while the coal cannot Similarly, all people are immersed in God's light, but only a few are able to receive that light and reflect it in their thoughts and actions To do so, they must purify themselves through meditation and by following divine teachings and commandments

When we pronounce the name of God, we must be deeply and sincerely aware of what we are saying If you could see into people's thoughts during prayer, you would find that most are thinking about everything but God, even though they are uttering His name! Such a prayer is fruitless and worthless

When we pray, we should strive to focus our entire minds on God, rather than merely repeating His blessed name while allowing our thoughts to wander One of my aunts used to recite her prayers on prayer beads, which were rarely out of her hand But she confessed to me one day that despite practicing this prayer habit for forty years, God had not answered her prayers No wonder! Her "prayers" were nothing more than a nervous habit

When we pray, we should think of nothing but God We should strive to be sincere in our worship and devoted in our supplications Using prayer beads and constantly invoking God's name is perfectly acceptable when the practice stems from the heart and is supported by sincerity and focused mind However, this practice can become automatic over time

We must whisper God's name in our hearts, on the rosary of longing and divine love; this is true worship that touches God's heart To utter God's name with coldness and a wandering mind is blasphemy and disrespect When one prays, one's heart and mind must be filled with the love of God Practicing mental focus through higher yogic exercises helps us draw closer to God, the supreme

source of glory and splendor, and also helps us to contemplate and commune with Him

It is essential to dedicate one day a week to spiritual retreat (if possible) for contemplation of God and to experience tranquility, peace, and inner peace Time spent in this way will be a soothing balm for the troubles and anxieties you encounter during the rest of the week

Everyone needs to spend one day each week in seclusion or a "spiritual retreat" to heal their emotional wounds and pains When that day becomes one of peace, joy, and contentment, you will eagerly await it week after week

Solitude is the price of greatness You will be amazed by the wonderful results that will be achieved for your mind, body, and soul through this spiritual retreat and connection with your spirit and with God If you aspire to true happiness, you must immerse yourself in the ocean of divine peace early in the morning upon waking, and also before going to sleep at night

The sages of India advise not just one day of seclusion, but emphasize the need for quiet meditation during four specific times each day At dawn, before rising and seeing anyone, one should enjoy the tranquility and sense of peace At midday, one should calm the mind before lunch, and again enjoy a period of peace before dinner Finally, before going to bed at night, one should enter a state of peace once more

Those who observe silence diligently during solitude and throughout these four daily periods

are bound to feel in harmony with God Those who cannot observe all of these periods should dedicate at least the morning and evening hours By doing so, their lives will be transformed for the better, and they will experience happiness; experience is the best proof

If you keep writing and signing checks without depositing enough funds to cover your bank account, you will run out of money The same applies to your life Without regular deposits of peace in your life account, your energy will be depleted, your tranquility will vanish, and your happiness will evaporate In short, you will eventually suffer emotional, mental, physical, and spiritual bankruptcy But deep daily meditation on God will compensate for the deficiencies in your soul

The devout seeker meditates daily, communing with God with all the love and longing in his heart, beseeching Him to reveal Himself If you are a lover of God and yearn to experience His presence, you must immerse your mind and body in His peace, and life will smile upon you, and your affairs will improve in many ways A calm person rarely makes mistakes and succeeds where thousands fail

Those who do not think about God or care about Him become depressed and miserable They become irritable and turn into walking machines

The sun of wisdom and peace will rise in the sky of tranquility and will envelop your being with

its healing rays as long as you make a spiritual effort and give first place to God in your heart

A day of reflection should also be a day of mental and physical rest and the cultivation of inner peace Any activity that yields wisdom and peace is a blessed activity on that day

As for honoring parents, the holy books have recommended treating them well: “Honor your father and mother” and “Be kind to parents”

Human fathers and mothers should be honored as representatives of God, who endowed them with the gift of creating humankind A mother is the embodiment of God's pure love, for a loving mother forgives where no one else will The father is the manifestation of God's wisdom and protection for his children

A person should not love their father and mother apart from God, but as an expression of that love The protector and the wise one The supreme divine spirit becomes the father and mother to help the child, therefore it must be honored in the parents

The scriptures also advise us against killing for the sake of killing, for then one becomes a murderer A person should not take another's life in a moment of intense emotion However, if loved ones are threatened, one must fight to protect those God has entrusted to them, for it is a sacred duty to defend one's family and country

Regarding the prohibition against adultery, the ideal purpose of sexual union should be the procreation of children created in God's image and

the expression of the pure love felt by spouses who see God in one another Those who live solely on a physical level, without any regard for true love or the higher purpose for which sexual desire was created, commit adultery according to this commandment In this case, they are no different from animals that satisfy their sexual urges and then go on their way

God created this creative drive in men and women to procreate and express true mutual love in married life, and it should not be misused otherwise, but rather transformed into a sacred activity and knowledge

If you can control and distribute sexual power within your being, you will be able to develop great mental abilities for writing, drawing, or for revealing latent talents in countless other ways

And when you are finally able to control and spiritually transform creative activity, you will experience great peace, great love, and increasing spiritual joy

Saints and spiritual leaders who have spiritually transformed their sexual activity are giants capable of performing amazing and astonishing feats in the world and in the esoteric search for truth

Thus, the highest use of the sexual drive is to elevate its power, that is, to channel its energy toward a higher purpose in order to manifest wisdom, lofty ideas, and spiritual ideals One should not derive pleasure from sexual thoughts or desire what is forbidden When this kind of self-control is

achieved, one will have a sound perspective on sexual intercourse and its higher purpose

Being enslaved to sexual matters means losing health, self-control, and intellectual peace, and in short, all the elements of happiness that a person needs

The holy books also urge us not to steal If a group of a thousand people were to steal from one another, each would have 999 enemies Therefore, one must not infringe upon the rights of others, nor seize their land, peace, love, dignity, or any of their material or spiritual possessions If you do not feel the desire to take what is not yours, what you need or desire will come to you Theft originates first in the mind when a person begins to envy others The seeds of malicious desires must be uprooted from the mind Spiritual altruism is the way Then, a person will naturally attract abundance, and blessings will flow to them from sources they know and sources they do not know It is an infallible divine law As for thieves and selfish people , they spend their lives chasing after material possessions, their eyes always on what others have , even if their own coffers are overflowing with gold

Unless material selfishness is abandoned, the world cannot know happiness

Happiness comes only through spiritual cooperation It comes when a person feels the needs of others as if they were their own and works for others as they work for themselves

Another important commandment is to avoid bearing false witness Harming anyone by distorting the truth is another way to undermine social harmony If one wishes to be treated well, one should treat others accordingly

The truth should always be told, but a distinction must be made between stating the truth and merely stating facts Referring to someone as lame or blind is hurtful and unhelpful; one should be considerate of others' feelings and avoid embarrassing them Similarly, revealing a truth that could betray someone without a noble purpose is also wrong On the other hand, one should not lie to avoid telling the truth; rather, one can remain silent in certain situations to avoid embarrassing or harming others

One must beware of envy, a destructive disease that gnaws at the peace of the soul The more one covets what belongs to others, the greater one's unhappiness and misery become The envious person lives a troubled life, never knowing the taste of tranquility It is far better for them to respect themselves, rely on themselves, and seek inner spiritual richness

A person's dignity and intrinsic worth are far greater than anything they might desire or long to possess God is manifest in every human being in a way that is not manifest in any other human being Their face is unlike any other person's, and their soul is unlike any other person's, for within them lies the greatest treasure of all creation—and that greatest treasure is God

We are not shackled by the past

When a person has the right faith and acts accordingly, he is happier than those who lack faith and do not perform their duties in the battle of life

Sound faith and righteous action (supported by noble motives and good intentions) are always present wherever happiness exists, and are lost wherever happiness is absent From this, we can conclude that they are two essential conditions for happiness, which cannot be attained without them Those who desire happiness need only possess these two fundamental elements, which are its cornerstones and pillars

Humans cannot control—at will—the infinite components of the universe, nor can they modify or erase them These components are intricately interwoven with the fabric of human life, and humans cannot function in isolation from them However, they can control their minds to adapt to these components

Do not harm him

Our ancestors were happier than us not because they possessed more worldly things and pleasures than we do now, or because they were less exposed to life's problems, but because they possessed the psychological balance that gave them comfort, peace, contentment, and in short happiness

They didn't depend on external circumstances for their happiness, nor did they succumb to external conditions that would rob them of it Their feelings of comfort, peace, happiness, and

contentment were natural, normal, healthy, and lasting We, too, should cultivate these feelings if we wish to possess happiness And who among us doesn't?

Fate is the result of a past exercise of free will or freedom of choice Through our past practices of free will, we have brought and continue to bring upon ourselves fate and destiny However, we are not bound by the past, nor are we forever constrained by the consequences of our actions We can undo what we have sown and erase what we have written if we so desire and strive to correct our course and improve the quality of our harvest If we eradicate the seeds of actions with painful consequences and plant in their place seeds more suited to the nature of the soul, we will surely reap the fruits of happiness from those good seeds sown in the soil of the soul We must exercise free will now, now and not tomorrow, if we wish to attain greater happiness or lessen suffering and pain

Therefore, the conditions for happiness lie within the human being, and all he has to do is deal seriously with that equation that does not err, and the results will be in his favor if he makes the best assessment and dealing with it But the person with a strong will is in harmony with God

Concentrated mind energy

When you concentrate sunlight By focusing a magnifying lens on a tiny point , it produces heat , and that heat can ignite wood Fabric, paper, and so on Similarly, when you focus your mind intently Its

concentrated energy To burn away the evils and roots of doubt, the cause of all failure , and to make the light of wisdom shine with brilliance and radiance

When thought is in harmony with God The source of all goodness and the origin of all blessed powers , he becomes aware of the divine presence and possesses all the elements of success These elements are closely linked to the immense power of God , capable of creating new reasons for success in any field

May God crown the good endeavors and benevolent efforts with success

Troubles and difficulties arise from a person's lack of awareness of their past actions, committed at a particular time and place Their current suffering stems from thoughts and deeds they uttered, which took root in the soil of their consciousness, sprouting into a plant and bearing fruit that reflects the very characteristics of those thoughts and actions

When you look at the sun millions of miles away in space, that enormous star appears much smaller than our Earth Yet, Earth's diameter is approximately 7,900 miles, while the sun's diameter is a hundred times greater If you could place our planet Earth directly in front of the sun, it would appear as a tiny dot compared to it Imagine the sun's vast expanse expanding until its immense mass engulfs the entire blue sky The sky we see is but a tiny fragment, a mere speck, of the infinite space that permeates the universe Even if

the sun continued its expansion into infinity, it still could not encompass the infinite This cosmic illusion of smallness and finitude limits the mind's ability to grasp the vastness of the universe , its origins, and its boundaries

He who is not subject to dimensions and measurements, who has no limit and no origin, is God, who is omnipresent and exists in the farthest reaches of space He is in the distant, remote stars , just as He is within you and within me , and He is consciously aware of every space He occupies No matter how small or large From the book " Man's Ultimate Goal "

Supplications

Oh, Lord

Take my hand from darkness to light

O cosmic stillness

I hear your voice in the murmur of the streams and the warbling of the nightingales

In the wailing of the wind, the roar of the waves, and the thunder of the vibrations

O beloved Lord

I worship you not with words, but with the longing of a heart burning with yearning for you

Let me see your vast expanse

Your constant presence behind everything

Perhaps I will realize that I am a part of your unchanging being for all eternity

O overflowing ocean

If only the winding rivers of my desires could flow through the deserts of obstacles and impediments

Finally, your greatest turmoil has blended

Help me to listen to your voice, Lord

The cosmic sound from which the vibration of the universe emanated

Let me perceive your presence through the blessed sound (Om - Amen)

melody Holy for all blessed voices

Expand my awareness as I listen to the symphony of existence

Let me feel like the cosmic ocean

And the body's rippling movements dancing on his chest

Let the most sacred voice resonate within me

Expanding my awareness from the body to the universe

May I feel perpetual, all-encompassing bliss

Exploding from a sea of overflowing light

O infinite power

O eternal wisdom

Charge my soul with your spiritual vibration

O voice of the blessed cosmic word

Correct my mistakes

I need

Take my hand from darkness to light

Whenever I think of You, O Lord, a flood of burning longing is born within me, shaking my feelings and flowing from my heart to every cell in my body, charging it with divine love

My greatest wish is to reach the very core of your being and revel in your presence

And suddenly the door of the soul opens, and I am overwhelmed with joy at the sight of your radiant light!

The past is unknown to most of humanity, with the exception of a select few enlightened individuals Yet, our ignorance of the past is also to our advantage For if we knew everything we have done in this life and in previous lives, we would be overwhelmed by the sheer volume of our actions and utterly bewildered Indeed, our will might even be paralyzed by the shock, rendering us incapable of continuing our pursuits and leaving us prey to despair Even in this earthly life, forgetfulness is a blessing from God, preventing the memories of the past, especially the bitter and painful ones, from overwhelming our thoughts and feelings

But thankfully, the divine spark within us always shines with hope and the desire to continue life's unending journey We must thank God for these two blessings: forgetting the past and hoping for the future

We should not conclude that fate places obstacles in the way of free will However, we must do our utmost to resist the negative influences that most people attribute to fate and destiny, and exercise our freedom of choice according to our inner convictions, provided that these convictions are based on sound faith and grounded in divine laws, without which a person cannot taste true happiness

When we embark on a task, we should not be intimidated by adverse circumstances, but rather

be optimistic to the utmost degree, with absolute faith that nothing can stand in the way of exercising our will and practicing our freedom of choice

If we fail to achieve our goal, it's acceptable to implicitly acknowledge that there were obstacles of our own making that prevented us from reaching it We must persevere and redouble our efforts to achieve our objective We must also affirm to ourselves that no matter how strong and formidable the obstacles and challenges may be, we still possess enough strength to remove them and overcome them Even if we fail despite all our attempts, there is no need for despair and frustration, as long as we understand that human will is stronger than destiny, which is of our own making Therefore, we must not cease trying, no matter how many times we fail, because there are always open doors We simply need to continue striving and repeating the attempt until success is granted to us God will provide us with assistance as long as we rely on Him and exert our effort He who walks the path will reach his destination, and he who trusts in God will not be disappointed

When a person desires something , and that desire is strong and urgent , that desire never leaves their consciousness , wherever they go and wherever they turn , and whatever their preoccupations and concerns may be Through its constant and persistent activity , that desire possesses tremendous determination and energy This intellectual whisper is stronger and more

effective than mechanical supplication , which does not go beyond moving the lips This is what lovers of God do ; they whisper their love for God without ceasing , and their whispers are heartfelt and inaudible , throughout all their daily activities This heartfelt whisper does not distract them , nor does it conflict with their other duties As their desire for God grows , their love for Him strengthens and deepens , until they touch His presence and see His light with the eye of the soul , tasting overwhelming joy and feeling a peace beyond description

God sends us lessons that we need in life so that we may benefit from them and gain understanding and experience Whoever avoids those lessons will be forced to learn them No matter how long it takes

Every test is a friend if we learn from it , and a tyrannical despot if we squander the opportunity and misuse it through complaining , resentment , and poor judgment

When we possess a sound understanding and the right attitude towards life , it becomes beautiful And free from complications

psychological cases

A person cannot remain forever carried on a wave of joy , or submerged beneath turbulent waters of sorrow , or drowned in the depths of boredom In this world characterized by conflicting dualities, The average person is subject to ups and downs He rises on a wave of joy and plunges into the depths of indifference , and is tossed about by

raging waves of sadness And he rarely knows of any other state of consciousness Allowing circumstances to toss thought about in this way It means surrendering one's will to a capricious and volatile fate

What a person needs to live a successful and fulfilling life is mental balance
This can only be achieved by focusing the mind Controlling psychological faculties

Even the deepest sorrows heal with time , so there is no point in dwelling on grief Every single day of our lives Prolonged grief over a departed loved one neither helps him nor us , and it does not change anything in reality Developing an inferiority complex or self-punishment Dwelling on past mistakes or failures is useless It only makes life miserable and stifles mental abilities

We must not allow ourselves to fall into the pit of boring routine , because that is a psychological state that is far from comfortable , as it worries the mind and burns away latent abilities in the furnace of apathy

Failure must be eradicated from its roots, and the fields of life must be plowed with diligence and determination and sown with seeds of goodness in order to reap a bountiful harvest with God’s help

Iron in the Silver Jubilee

I was once invited to a silver jubilee celebration for a couple who seemed to be one of the happiest couples , but the moment I entered their home I sensed something was wrong I asked two of my students to observe how they treated

each other during the evening, and they later told me The husband and wife smile at each other in front of others and address each other with the sweetest words like "Yes, my dear" and "Of course, my love," and other such friendly phrases But as soon as they think they are alone, they bicker and direct hurtful words at each other

I spoke to them and said : You invited me to attend your party, but the atmosphere is tense and I feel there is a great deal of discord in this house, and it seems to me that there is a lot of iron in this silver jubilee

At first, they were offended , but they later admitted I was right and apologized She continued, saying : What do you gain from arguing and quarreling all the time?

It seems you're living together to maintain your reputation as a perfect couple, but you need to be that way with each other and live in peace and harmony for your own happiness and peace of mind

Magnetic food

When people talk about food or nutrition, they usually mean the physical food consumed to sustain the body However, there are other types of nourishment that are no less important than physical food, and are often even more so , such as intellectual or spiritual nourishment Mental activity or concentration of mind, wisdom and spiritual discernment

Physical food sustains the body's cells, while intellectual food fills the mind with healthy ideas,

and the food of wisdom revitalizes the soul and develops its faculties

Intellectual nourishment usually consists of the ideas that a person thinks and those he receives from others through contact and interaction with them

People with calm temperaments and noble dispositions help to make our thoughts magnetic and healthy

It's not difficult to determine whether a person draws their intellectual nourishment from a peaceful or a disruptive environment Anxiety, distress, and confusion all stem from associating with the wrong kind of people, whether friends or relatives This causes anxious thoughts and a bad mood

The body derives energy and vitality from physical foods, while magnetic foods supply both the body and mind with energy charges that are more easily digestible than solid and liquid foods, which cannot be easily converted into living energy

When you can transform ignorance into wisdom , weakness and frailty into health and vitality , and walk confidently and boldly – even alone – on the paths of life , and experience inner joy in possessing a living and vigilant conscience , and unwavering faith in God's justice and the triumph of right over wrong and truth over illusion

And when you try every day to release your thoughts towards higher and more refined levels , and you possess a loving and grateful heart , and good intentions towards others , your intellectual

nourishment will be magnetic , and you will then attract to yourself all that is beautiful and useful , from things, people and circumstances , that are needed to continue the journey towards the shores of security and safety

When you exert effort to obtain what you need , and are content with what God provides, you will be richer in spirit and more satisfied than those who are obsessed with worldly possessions and covetous of its fleeting pleasures

When a person seeks God , who is the only true friend , beyond all friends , it becomes possible to establish genuine friendship in all human relationships : familial, fraternal, marital, and spiritual

Friendship is a vital element in marital relationships , and priority should be given to intellectual and emotional closeness , a sense of moral attraction , and genuine love and friendship

Those who cannot distinguish between true love and sensual attraction are disappointed time and time again

When marriage is founded on high ideals and mutual respect , it becomes a happy and successful union between two loving souls And they cooperate to ease the burdens of life for each other , and dispel the worries of living through compassion And mutual, friendly understanding

No one can control me or take away my will , unless I allow the thoughts and actions of others to influence me

Lord , I realize I have an endless opportunity before me To explore my abilities and discover my spiritual potential , I will replace material attachments with higher aspirations And I will realize that the faithful spirit is always with me

Today I will fill my thoughts with a dose of optimism , I will distance myself from unpleasant experiences , and I will practice what will nurture the body, mind, and spirit In a balanced and consistent manner

The dance of life and death is ever-present , but I will liberate myself forever by safeguarding my spiritual identity And when the storms of trials and tribulations confront me , I will set sail in the vessel of my soul Across the sea of life To the safe, divine shores

When I work and create I will remember that God works through me ; He is the Lord of the universe And I can connect with him by meditating deeply on him

My dear God , I realize that my thoughts will bring me either failure or success , depending on which thought is the strongest in my life Therefore, I will try to remember that you are extending a helping hand to me And it prepares me for the reasons of success

When calamities and misfortunes befall me , I will raise my spirits and strengthen my resolve to overcome them I will adopt sincerity and honesty in my dealings and interactions with everyone , and I will unleash thoughts of love and good wishes

Then God will support me with His power and wisdom

Lord , I will use my willpower and intellect to accomplish small things first , and then move on to bigger achievements

Even if all material ambitions are fulfilled , they still only bring incomplete happiness , and finding God is the only true happiness I will discover inexhaustible reservoirs of joy And it never ceases to flow and run , in the gardens of the soul and its evergreen meadows

Golden sayings

Happiness is my right, my inheritance, and my hidden divine treasure Guide me, O Lord, so that I may find within myself the treasures that surpass the dreams of kings

* * *

The divine inhabitant of hearts illuminates in his disciples - out of his mercy and compassion - the shining lamps of wisdom that dispel the darkness of ignorance

* * *

Life is an intelligent movement with a regular rhythm It shapes itself in inanimate objects, or takes on a living and moving form Life is all-encompassing and permeates everything

* * *

O Greatest Lover, You are life itself You are my goal and my aspiration Make me a blooming rose in Your heavenly garden, or a sparkling bead in the necklace of Your radiant love, or grant me the greatest honor: the smallest place in Your heart

* * *

Wherever others appreciate my efforts in doing good, that is where I can provide the greatest service

* * *

Let us weave a golden carpet of dreams with silken threads of sweet memories and refined thoughts

* * *

An empty mind [devoid of positive, constructive thoughts] is a factory for trouble, anxiety, despair, and hopelessness

***

If universal love settles in your heart, it will bring you lasting and renewed happiness that nothing else can give you

***

The flowers of life blooming in the garden of earthly existence are exquisitely beautiful and pleasing to behold But even more magnificent and splendid is the wellspring of beauty and wisdom that exists somewhere, from which we came and to which we shall return and mingle once more

***

When the disciple wakes up in the morning, he affirms to himself: “I am not the body, I am an invisible spirit… I am joy… I am light… I am wisdom… I am love And although I dwell in this body, my spirit is immortal and untouched by decay”

***

Just as dewdrops help flowers bloom and grow, so kindness nourishes friendship and promotes its growth

* * *

There are waves that appear on the surface of the ocean and waves that disappear into its depths; in both cases, they are within the ocean and one with it Similarly, humans who float during "life" on the surface of the cosmic ocean or who disappear within it at "death" are equally within the ocean of eternity

* * *

The moon's reflection is not clearly visible in turbulent water, but once the surface of the water calms, the moon's reflection becomes perfectly clear The same is true of the mind: when it is calm, you can see the face of your soul with complete clarity and precision

***

Send, O Lord, the rays of the sun of Your wisdom to guide me in my happy days of achievement, and the light of the full moon of Your mercy when I walk through the dark nights of sorrow

***

Meditation is the means by which you connect with the universal mind, and when you harmonize with that infinite awareness you will be able to know all the secrets of creation

***

The desire to get closer to God and to know Him does not come on its own, but must be cultivated, and life has no value without that desire

***

Earthly life is a temporary stop, and humanity's primary duty is to understand the purpose and goal of this journey That purpose is to know God, and it cannot be anything else

***

Your peace is your precious treasure, so do not allow anyone to take that treasure from you

* * *

Learn to stand alone, safe and secure in the fortress of your virtues and self-worth

* * *

Everything exists because God exists And because He exists, you also exist Thanks to His existence, you enjoy the comforts and joys of life Therefore, your gratitude to God should be profound

***

Good books can be silent, polite, and respectful friends Don't abandon these books in your difficult moments, for they will never leave you, unlike physical friends who may desert you

***

Anyone who possesses good health, a comfortable life, and great mental capacity, yet lacks happiness, has not yet succeeded in life When you can truly say, "I am happy, and no one can take my happiness away," you have found the image of God within yourself

***

Emphasize calm and peace, and send only loving thoughts and good intentions if you wish to live in peace and harmony Live a life founded on righteousness and piety, and all those whose lives are connected to yours will benefit simply from being with you

***

If you have no friends, or if your friends are wasting your time, or if you don't get along with them, then let books [and materials] that hold wisdom be your friends, as you can pass through the doors of their pages into a world of amazing and exciting ideas

***

Finding God means getting everything the heart desires, and being spiritual means opening the doors to health, happiness, and success

***

Within us lies a spark of divine power that creates and sustains all of life and it awaits to be ignited

***

Reading is a very beneficial mental activity; it exercises the mind and keeps it flexible An hour or two of reading daily will give anyone a diverse knowledge base within a few years, provided they choose worthwhile books Don't waste time or harm your mental abilities by reading cheap novels or trivial books that have no purpose or meaning

***

Those with social inclinations will find in valuable books a new energy to help humanity through the lessons contained in books written by noble, talented men and women

* * *

Reading is a very beneficial mental activity; it exercises the mind and keeps it flexible An hour or two of reading daily will give anyone a diverse knowledge base within a few years, provided they choose worthwhile books Don't waste time or harm your mental abilities by reading cheap novels or trivial books that have no purpose or meaning

* * *

Selfishness and pride must be eliminated because they are the biggest obstacles to spiritual knowledge

* * *

Without a sense of God, this world seems filled with conflict, violence, and bitter disappointments Happiness lies in feeling close to God

* * *

Those who know God possess constant joy and happiness in their hearts Because they feel blessed security and tranquility, storms of anger cannot shake them, nor can fear enter their hearts

* * *

Good books are your best friends; through them, you can hear the great minds speaking softly to you, comforting you and offering the best advice Failing to cultivate a genuine desire to read good books means losing the legacy of generations

* * *

Without divine assistance, people are bound to fail, for the strength and wisdom needed to succeed in the battle of life come from an infinite source When a person ignores God, they sever the lifeline that provides them with the help and support necessary for success

Seekers who knock on the door of spiritual opportunities will find that the door is opened for them because God helps those who help themselves

When you are in harmony with God, all of nature is in harmony with you

* * *

Love is like sandpaper that polishes the mind and removes roughness from character

* * *

When you suddenly find God everywhere, and when He comes to you, inspires you, and guides you, the story of divine love has begun

* * *

May love radiate in hearts and send healing rays to others

* * *

Seek to know God while you are young and strong, for in old age and illness you may no longer be able to search for Him At the age when people begin to understand the true meaning of life, the body becomes weak, and they spend the rest of their lives tending to their fragile physical faculties instead of seeking the truth

* * *

I will take the best from every people, and I will appreciate the good qualities of all nationalities without focusing on their flaws

* * *

Just as we care about the nutritional value of our daily food, we should also pay attention to the psychological nutrients we provide to our minds every day

* * *

Kind words are a wondrous remedy for many ailments, possessing a powerful, almost magical, magnetic force that brings abundant blessings and prosperity to their speaker Those who use soothing, gentle words feel a subtle current flowing through them without interruption, their being filled with a profound sense of tranquility This is because this current is connected to its higher source, a constant flow that reaches souls in harmony with that source, enabling them to transmit happiness to those yearning for peace

* * *

How many kind words from the heart have dispelled many sorrows and how many wise voices have illuminated dark paths with lamps of joy and tranquility!

* * *

We grow through every experience we go through, as long as we realize we can learn valuable lessons from them Every pain and suffering we experience has meaning and purpose Despite the harshness of these experiences, they

are like fire that melts iron ore, transforming it into beautiful, strong, and versatile steel

* * *

All the remarkable achievements in my life have been accomplished through the power of a mind in harmony with God When the divine generator is running, everything I desire comes to fruition without exception, first taking shape as an invisible, ethereal design and then manifesting with irresistible force in reality

* * *

When the mind whispers to God a heartfelt, fervent whisper from the depths of a yearning soul, the spirit's call will touch the universal heart, and the answer will come, bringing with it immense joy This intellectual whisper cultivates the will until it possesses the strength necessary to achieve the desired goal

* * *

When a person’s mind and will are in harmony with God, they are charged with limitless power, so that merely thinking about something is enough to achieve it, because divine law works in favor of those who are in harmony with the supreme will

* * *

Whatever our concerns may be, God should occupy first place in our lives One of the most important elements of spiritual growth is the continuous heartfelt whispering to God, where you will personally experience a wonderful positive change that will impress you greatly

* * *

Man should not devote all the mental abilities that God has given him to searching for fleeting things, otherwise he will lose himself in the labyrinths of materialism and create for himself restrictions and limitations that he does not need Instead, he should use his mental powers to obtain the necessities of life and strive to develop his spiritual faculties to distinguish between right and wrong, and between harmful and beneficial

* * *

The truth lies beyond opinions and theories, and many who adopt this approach become bound by their own subjective conclusions

* * *

Open, O Lord, the gates of tranquility and guard the sanctuary of my spiritual thoughts from the attacks of evil whispers And let the roses of my longings bloom in the garden of my heart as I await the dawn of Your coming

* * *

* Theoretical knowledge is incapable of acquiring divine knowledge, and it is advisable not to waste one's precious time on theories that cannot be applied in reality, otherwise one will find oneself in the midst of dense intellectual jungles and unable to transcend the realm of theories

* * *

Happiness is the fruit of psychological victory over the volatile circumstances of life

* * *

He whom God recognizes may be unknown to the world

* * *

If a person programs himself with theoretical knowledge [without actual testing], he will become like a portable recording device that repeats proverbs and echoes lofty phrases, and others will consider him a learned scholar, but such knowledge is not reinforced by a direct perception of the truth, nor is it matched by spiritual attainment

* * *

Problems will persist in the world, so where can one turn for guidance and direction? One's thoughts, influenced by habits, prejudices, biases, and fanaticism, are of no use, and the influences of one's environment, family, country, or world are incapable of providing true guidance Therefore, one must turn to God and listen to the calm, serene voice emanating from the depths of the soul, a voice in harmony with truth

* * *

Open your hearts to the divine outpouring so that it may flow through you and fill your lives with spiritual blessings and goodness

* * *

Whatever work you do and whatever achievements you can accomplish, always remember that God is the source that provides you with all the strength you need to work and achieve

* * *

* Let me remember you, Lord, in poverty and in prosperity, in sickness and in health, in ignorance and in wisdom, and let me see your

blessed light that grants wellness and healing in the moment

* * *

In the solitude of my thoughts, I long to hear your blessed voice Banish from me the harsh, earthly voices hidden in the folds of my memory I want to listen to your calm, melodious voice forever in the tranquility of my soul

* * *

Life is shrouded in darkness, and we must let God's light be our guiding lamp as we walk through its dark paths He is the full moon in the nights of ignorance and darkness, the sun of enlightenment in the hours of awakening, the beacon of guidance, and the North Star for those traversing the seas of earthly, fleeting existence

* * *

It is time for humanity to awaken from its slumber of forgetfulness to a spiritual awakening We ask You, O Lord, to raise our consciousness from the depths of heedlessness and narrow, limited thinking to the horizons of peace, light, love, and universal human compassion

* * *

Things will eventually get better because God’s powers and wonders are hidden behind the contradictions of human life, and whoever is not convinced of the inevitability of the situation and tries to penetrate with his mind and faith to what is beyond the veil will have the door opened for him

* * *

Faith never means being reckless or not dealing wisely with circumstances Rather, regardless of what happens, a person must assure himself that God alone is able to support him in difficult and trying circumstances if he turns to Him with all his heart, soul, and feelings

* * *

If our senses could convey the whole truth to us, we would see the earth as rivers of electrons, and every speck of dust as a rolling mass of light Those who penetrate the realm of the material to the spiritual understand the nature of illusion and know the essence of truth

* * *

Whether in the African jungle, on a battlefield, suffering from illness or poverty, one must convince oneself that God's hand is stronger than any danger and capable of protecting those who seek refuge in Him There is no more effective means of protection Of course, one must use reason in dealing with events while simultaneously placing complete trust in divine assistance

* * *

The love that dwells in the hearts of all creatures—the love of all mothers, fathers, friends, and loved ones—is derived from divine love

* * *

A distinction must be made between major and minor duties, prioritizing the most important over the merely important Furthermore, no duty should contradict another The scriptures tell us

that when one duty conflicts with another, it is evidence that it is not a true duty

* * *

As the sun's vital rays spread, I will spread rays of hope into the hearts of the poor and the abandoned [those whom society has forsaken], and I will instill new determination in the hearts of those who think they are failures

* * *

The teacher Paramahansa said to one of his disciples:

"Don't exclude anyone from your circle of love Keep everyone in your heart and they will keep you in theirs"

* * *

Lord, help me to always use my will to accomplish beneficial and good deeds

Help me to conform to Your will so that all my thoughts respond to Your purposes and are in harmony with Your will

He helped me awaken the hidden, blessed power within me so that I could overcome all difficulties and trials

* * *

Wake up to that bold and humble spiritual personality – one that combines the strength of lions with the gentleness of doves

* * *

I will not care about bitter, false criticism, nor about lavish praise and flattery My only wish is to do Your will, O Lord, and gain Your favor

* * *

You cannot imagine the overwhelming joy that will fill you when you feel the divine presence Your soul will then be intoxicated by God's boundless love It is a love millions of times greater than any human love—a love that fulfills all your desires and fills your heart with joy and contentment

* * *

Through inner focus, you can directly experience spiritual bliss within yourself and around you If you cultivate this awareness, your personality will grow harmoniously, and you will acquire an attractive magnetism for people and other beings

* * *

O Great Protector, I do not care if I lose everything because of my destiny, which is of my own making, but I ask you, my only refuge, to protect the candle of my love for you from the winds of heedlessness and forgetfulness

* * *

Let us drink to our fill of the pure, refreshing waters of peace flowing from the springs of favorable circumstances, enhanced by our firm resolve to think positively and have an optimistic outlook

* * *

Conscience is an intuitive sense that reveals a person's true nature and motives When your conscience is clear, and you know you are doing what is right, you have nothing to fear A clear conscience is a testament to good conduct from God Being acquitted in the court of conscience

means possessing happiness and receiving God's blessings

* * *

Try doing bold and pleasing things that most people don't do, and give love and peace to those whom others overlook

* * *

The teacher Paramahansa said to one of his disciples:

"If you do not spend time cultivating the mind, no amount of material prosperity will satisfy you This cultivation is not torture but rather training of consciousness to nourish the thoughts and actions that lead to happiness"

***

Your happiness is your success, so don't let anyone steal it from you Protect yourself from those who try to bother you When I was a boy, I used to lose my patience whenever some people spread false rumors about me Later, I realized that my peace of mind is more important than people's approval or admiration

* * *

If only you knew the story of divine love that some devotees experience with God! No other experience in life can compare to that joy I knew a saint who was constantly absorbed in the love of God, and his face radiated holy love God's eye is always upon those who love Him, and He never abandons them for a single moment

* * *

Few are those who are interested in developing their mental and spiritual powers

* * *

Do not allow yourself to sink to the bottom of procrastination Rise from the slumber of boring ordinary reality and set off towards the horizons of a refined life where there is achievement, joy, and peace

* * *

Within you lie tremendous potential waiting to be invested, and you are the only one capable of activating and benefiting from it

* * *

Liberation from the dictates of bad habits and unhealthy desires brings far greater happiness than material success In intellectual success lies a psychological well-being that external circumstances cannot take away You can spend all your time accumulating wealth, but that wealth will not give you the lasting peace and security you seek On the contrary, it will bring you more unhappiness because true happiness and peace reside in the mind, not in material possessions

When you are firmly established in your true self, you accomplish every task and enjoy all good things with divine joy

* * *

Do not allow weakness to seep into your mind, and be cautious when associating with people who have negative thoughts and a pessimistic outlook, lest their weak thoughts seep into your mind, unless your mind has reached a degree of strength

such that the thoughts of others cannot weaken it, but rather, on the contrary, it is able to strengthen the thoughts of others and enhance their self-confidence

* * *

God comes first, and we should not begin or end our day without thinking of Him We must remember that without the strength and energy we receive from God, we would not be able to accomplish anything Therefore, our greatest duty is towards Him

* * *

There is a way to evaluate and judge customs and traditions Initially, every tradition had a justification If we find that justification still exists, then the tradition has meaning and benefit However, it is unwise to follow traditions blindly We must know the truth and follow it, discerning what can bring us happiness and then applying it

* * *

When you see so many people lacking happiness or success, don't assume that's their destiny You can make yourself whatever you want to be Your inner success is what truly makes you successful

* * *

If you have nothing within yourself, you will not be happy But if you have nothing around you and are happy within yourself, you are undoubtedly successful Thus, it is impossible to judge people based on their external circumstances

* * *

Among the vast crowds, there may be a person who has reached a state of spiritual elevation and enjoys inner peace and supreme spiritual happiness

* * *

I know for certain that everything I need will come to me, and therefore I do not worry about what the future holds This is not boasting or pretense, for I have experienced the work and effectiveness of that blessed power in my life many times

* * *

Whether I'm floating on the surface of life or drowning in the depths of the sea, I know that I am with God and He is with me, and that nothing can harm me That knowledge has given me an indescribable and profound happiness

* * *

There's no doubt that buying something new is a pleasurable experience But after a while, that joyful feeling gradually fades, and you might even lose interest in it altogether, forgetting about it and desiring something else However, the bill for that item won't be forgotten, especially if you bought it on installment!

* * *

A person should take control of their life and simplify it as much as possible They should save some money for necessities and emergencies, prioritize saving over spending on luxuries, and help others to the best of their ability When you

help others, help will come to you in one way or another, and you will lack nothing and be deprived of nothing

* * *

In the joy of all hearts, I hear the echo of Your bliss, O Lord, and in the friendship of all the faithful, I feel Your love I rejoice and my heart is gladdened by the success and prosperity of my friends, just as I rejoice in my own well-being and ease As I inspire wisdom in others, I multiply the treasures of my own wisdom, and in the happiness of all, I find my own

* * *

The greatest enemy of happiness is borrowing money to buy luxuries People mistakenly believe they cannot be happy unless they acquire something specific But even after acquiring that thing, they will not experience true happiness, despite the temporary joy it brings What is the point of chasing after the mirage of earthly happiness that promises only to break? People should live simply, without needing numerous possessions that require constant attention

* * *

My paradise is within me As I enjoy God's blessings, I thank Him, and my inner joy grows Without that inner contentment, even earthly pleasures and delights become hell I have come to realize that without that inner joy, the burden of responsibilities placed upon me would have robbed me of my peace and deprived me of my happiness

* * *

If wealth is coupled with illness and problems, the consequences will be numerous Hygiene and healthcare are among the West's strengths Harmful insects and deadly germs are effectively controlled in developed countries, while they are abundant in others But eliminating these pests is not the pinnacle of achievement, because other kinds of afflictions exist in developed countries, such as difficult-to-pay bills and suffocating financial crises due to installment buying systems —afflictions that disturb sleep and undermine peace of mind

* * *

We are an integral part of the same consciousness from which this great universe emerged

* * *

Have you ever seen a flock of sheep? If one of them jumps, the rest of the flock imitates it without hesitation Most people are like that Someone might come up with an idea or introduce a new trend, and others will immediately jump on the bandwagon and copy it This pattern has persisted for generations Every nation has its customs and traditions, and we can't claim that all of them are correct or sound But who knows? Perhaps some of those customs and traditions are meaningless and pointless

* * *

When the turbulent storm of thoughts subsides, we enter the kingdom of peace and touch the divine presence

* * *

Think of God, or a beautiful landscape that inspires peace, or a joyful and delightful experience Positive, calm mental activity is invigorating and refreshing

* * *

We live in a chaotic and turbulent world You might think money means happiness, but when you acquire it, you find you're still unhappy You might acquire wealth and lose your health (God forbid) Or you might have good health and lose your money Or you might have both wealth and health but suffer numerous problems with others, offering kindness only to be met with hatred and resentment in return Without God, nothing in this life can truly satisfy you

* * *

The earth becomes a torture chamber for those who live in ignorance of the divine plan But when you view life's experiences as your teachers and learn from them the true nature of this world and your assigned role in the cosmic drama, those experiences become valuable illuminations on the path to lasting contentment and happiness

* * *

There, beyond the undarkened gloom, the soundless stillness, and the uncreated nothingness, lies the eternal essence, which is the origin of existence and the source of all powers and beings, visible and invisible

* * *

God did not create this earth for us merely to eat, sleep, and die, but so that we might know His will and understand the purpose of our existence A handful of wise people have grasped the meaning of the cosmic plan, but most people are blind and unaware of that purpose

* * *

Money was never my goal in life; my goal was to serve my brothers and sisters in humanity Therefore, God opened many doors of opportunity for me to support myself and fulfill my mission

* * *

God created this universe to operate according to a fixed and unchanging law If we violate any of these universal laws, we punish ourselves Someone who jumps from the roof of a tall building will break their bones Therefore, we cannot ignore the law of gravity without suffering the consequences

* * *

When we take a deep look at the world’s civilizations and explore the hidden secrets of ancient civilizations, a large picture emerges, with intertwined lines, diverse chapters, and precise details, and we find that man is both individual and social in nature at the same time

* * *

If God wanted us to live only in material consciousness, we would be completely satisfied with material things and content with worldly ways

* * *

Rays of purity, peace, and happiness beyond dreams flicker and dance in our essential depths

* * *

With each experience that appears in the sky of our lives during this earthly journey of ours, we must learn how to broaden our awareness and how to be more understanding of the circumstances that surround us or that we go through, and then we will be able to live in better harmony and deal more smoothly with people and life

* * *

Most people imitate others A person should be original and creative, and master everything they do

In the East, the primary focus has been on cultivating spiritual happiness, while the material aspects of life have often been neglected In the West, there are some material comforts but very little psychological happiness What is needed is a balance between the two, because focusing on only one aspect of life leads to imbalance and an inability to deal rationally with life's demands

* * *

The greatest happiness - after divine happiness - is for a person to be at peace with his immediate relatives with whom he has to live every day of the year

People waste a lot of time rushing and acting impulsively without accomplishing much Few pause to reflect and try to understand what life has to offer

* * *

We must work to construct inner edifices of wisdom in gardens of peace that flourish and shine with countless flowers of wonderful spiritual virtues

* * *

Inner harmony is a rich source of strength and generates renewable energy

* * *

Looking at life, one finds that success is not easy Life is often harsh and unforgiving, and we must struggle to earn a living Think of the effort required to sustain your body and keep it healthy and free from illness! Even if you succeed in this, that success is temporary The body—may you live long—will eventually be laid to rest Necessity dictates battling numerous forces, both internal and external, to achieve the desired success These forces work tirelessly to rob you of any truly significant accomplishments

* * *

Try to remain calm under all circumstances, and let the seed of your peace bloom with cheerfulness and smiles of contentment

* * *

Even the greatest saints do not attain complete salvation unless they share their success —their spiritual experiences and higher knowledge —with others by helping them reach spiritual understanding This is why those who have reached such stages and attained such states are eager to impart understanding to those who need it If you desire true success, you will not only secure your own happiness but also the happiness of others

* * *

Anyone with intelligence can make money But if they have love in their heart, they will never use that money for selfish purposes; rather, they will share it with others Money is a curse and a misfortune in the hands of the selfish and the miserly, and a blessing and a gift in the hands of those with kind hearts and generous souls

* * *

Someone might choose to remain silent for an extended period, refusing to speak to their family While this person might achieve a degree of inner peace, their behavior is selfish and detrimental to their family's happiness They cannot be considered truly successful unless their loved ones also benefit from their accomplishments Similarly, achieving material success is not merely about our right to enjoy prosperity alone; it also entails our moral responsibility to others to help them improve their financial and living conditions

* * *

I am protected behind the walls of my clear conscience I have burned away the dark past and I am only concerned with today

* * *

Today I realize that I am one with the light of the greatest good and that I am a beacon for those who struggle against the waves of the sea of sorrows

* * *

People have different views and theories about success, depending on their ambitions in life It's

not uncommon to hear some people equate success with theft, saying things like, "He was a successful thief!" This underscores that success in all its forms and varieties is desirable and sought after However, our success should not harm others

There is also another criterion for success: when we are able to bring about harmonious and beneficial results for ourselves, we should also include others in our success and share its fruits with them

Success means a person's contentment and satisfaction within their environment True success is the result of actions founded on principles of righteousness, and it encompasses the happiness and well-being of others as an integral part of one's own happiness If we apply this principle to our material, intellectual, moral, and spiritual lives, we will have a complete and comprehensive definition of success

* * *

Here in this limited world, we perceive length, width, and density, but there is another level where dimensions do not exist; everything is clear and transparent—everything is consciousness and perception The sense of taste is perception, as is the sense of smell Our feelings, thoughts, and bodies are states of consciousness Just as we can see, hear, smell, taste, and touch in dreams, so too, on that higher level, do we experience all these sensations through pure consciousness

* * *

O Lord, make us happy by feeling Your nearness, free us from the shackles of desires, and grant us an inner joy that is not affected by life’s experiences and its changing events

* * *

When our minds are in tune with higher perceptions, spiritual consciousness awakens within us and we experience amazing wonders of divine wisdom and love

* * *

If we love God completely and turn to Him with all our thoughts and hearts, we will feel close to Him and we will find that He is the greatest haven of security in life

* * *

In the seemingly empty, vast expanse of space, there is a cosmic connection and an eternal life that unites us with all living and inanimate things in the universe—a wave of supreme life flowing through all existence Eternity is our true home and permanent abode, and our existence in these bodies is temporary, like a brief respite for a caravan traveling across the desert

* * *

When we align ourselves with the creative forces of the spirit, we will connect with the universal and infinite mind capable of guiding us and solving our problems Creative power will flow to us uninterrupted from the greatest source of our being, enabling us to achieve creative success in any area of our activity

* * *

Love grows and flourishes in an environment of trust, tolerance, and mutual respect

* * *

Bless us, O Lord, with the light of pure thoughts and good habits, so that if the darkness of bad habits and deviant thoughts approaches us, it will be immediately dispelled And help us to love You with a love so profound that neither material illusions nor worldly temptations can ensnare us or seize our minds and hearts

* * *

Things that are easily obtained are rarely valuable We know this from studying the lives of great men and women and how they became great by developing their talents, fulfilling their duties, building their moral values, their in-depth studies, and their avoidance of selfishness The results they obtained and the achievements they attained were immeasurably greater than the efforts they made

* * *

True freedom lies in the freedom of choice guided by wisdom and supported by understanding, correctness, and a firm will

* * *

When you awaken your will, determination, and conscious discernment, unseen forces are unleashed from higher consciousness—through the insight of the soul—to assist you and to illuminate the paths leading to psychological comfort and happiness, with God’s help

* * *

A person must open the channels of the soul through their own effort No one willingly chooses suffering and misery over peace and happiness Ignorance is the root of suffering and the obstacle that must be removed and eliminated Ignorance is a harmful weed, deeply rooted, that grows in the garden of humanity, crowding out the good and beneficial plants Ignorance must be overcome with unwavering will and resolute determination The soil of the mind must be tilled with precise mental focus [on the positive] and the good seeds watered with the water of faith When the vital and warm rays of love shine, the seed of goodness will grow and overcome the parasitic weeds and grasses, for darkness cannot exist in the presence of light

* * *

The pleasures of material things fade and disappear, but divine joy never dims It is a divine happiness that is endless and beyond description

* * *

We must never use misguided methods to achieve happiness, nor should we abandon the peace and spiritual wealth we possess within ourselves in pursuit of illusory comfort and a glittering life that may be dangled before us by hellish actions and behaviors with destructive effects

* * *

Serenity is the best camera for capturing the divine presence Through the lens of pure and precisely focused tranquility, the blessed image will appear with perfect clarity

* * *

In fact, all wisdom is within yourself and all you need is to become consciously aware of it

* * *

Contentment lies in self-improvement, so that others seek you out rather than you seeking them out Love and friendship should be given without expectation or demand in return, for expectation breeds resentment and bitterness Even when striving for self-improvement, one should stand alone, secure and at peace within the fortress of one's virtues and self-worth

* * *

May waterfalls of joy and optimism always flow from my heart, and may their refreshing spray touch all those I meet

* * *

Spiritual joy generates in the soul the desire to help others in every way, and develops the ability to appreciate the refined moral pleasures that lead to happiness, thus reducing the inclination towards crude pleasures

* * *

No matter how small your role may be, it remains as important as the greatest roles in terms of contributing to the success of the cosmic play that souls perform on the stage of life

* * *

Universal consciousness is an absolute, infinite consciousness, constantly renewing itself and inexhaustible in its creativity, and through you it tries to express a unique aspect of itself

* * *

If you taste divine love even once, you will never give it up because there is nothing else like it in the entire universe

* * *

Those who know God have reached very advanced spiritual stages, such that they are not content with merely offering spiritual advice to sinners, but they can – by the grace and help of God – charge them with the spiritual power that liberates them from the consequences of their sinful deeds

* * *

All good and evil actions reside within brain cells and manifest as virtuous or wicked habits or tendencies in thought A person suffering from unhealthy habits due to their brain cells being charged with the power of those habits can liberate themselves through willpower, meditation, sincere prayer, and continuous positive affirmation until all their undesirable habits are transformed into virtuous habits of peace and tranquility This occurs when the rightly directed life force works to change the abnormal nature of brain cells, so that those cells become filled with all that is good, virtuous, and beautiful

* * *

Understanding is the inner eye, the vision of the soul, and the telescope of the heart It is the balance between the composure of the mind and the purity of the conscience

* * *

Every day we see different scenes, and every day brings a new lesson to be learned It is expected that a person will learn the lesson by focusing on the ultimate purpose of his existence: to recognize the source of his being and the foundation of his life

Let us work to forget the sorrows of the past and resolve not to dwell on them With unwavering determination and active will, let us renew our lives, enhance our successes, and nurture within ourselves good habits and noble qualities

God is my strength and I do not believe in any other strength

Fight life's battles and persevere until the end, never giving up Never say, "I can't find the path, so I'll stop trying" Ask for guidance if you've made mistakes, but never stop trying Many accept defeat when faced with obstacles Those who fail should associate with successful people, not failures Be determined to succeed; let that be your philosophy in life

Every day we must strengthen our physical strength, increase our mental strength, and get to know our true selves through meditation, sound thinking, and positive, productive work that benefits the body, mind, and spirit together

When you want to establish a good habit or break a bad one, focus on the brain cells where the mechanisms of different habits reside To establish a good habit, first sit quietly and meditate, seeking divine guidance

Focus your mind on the willpower center in your forehead, between your eyebrows, and firmly affirm the habit you want to instill in your brain When you want to eliminate bad habits, also focus your attention on the willpower center and firmly affirm that all the grooves where those habits are entrenched are being erased

With focus and willpower, you can erase even the deep furrows of entrenched old habits

Reaffirm to yourself repeatedly that you possess the willpower to uproot unhealthy habits from your brain The best time for this affirmation is early morning when your willpower and focus are at their peak Continue to affirm to yourself that you are free from all dictates, and one day you will find—with God's help—that you have indeed freed yourself from the habit you wish to break

Whatever you fear, banish it from your thoughts and leave it to God Strengthen your faith in God and trust that He is able to help you, and know that much suffering stems from worry and anxiety

Why should you suffer now when the thing you fear has not yet happened? Since most of our disturbances come from fear, if we remove fear from our lives we will feel free and healing will be immediate

Every night, right before you go to sleep, affirm to yourself that God is with you, protecting

and watching over you Visualize His protective light surrounding you from all sides, and you will feel His wondrous protection

In this cosmic play, humans of all races enact the drama of life on the stage of time

We must understand the meaning of life without becoming overly preoccupied with or excessively focused on our temporary roles Our understanding of life is often distorted and misguided because we view it through the eyes of selfishness and limited perspective; if we looked with the eyes of the spirit, we would see things from a completely different point of view

When we open the eye of wisdom, we see the all-encompassing light of God, and in that light we perceive our spiritual nature, which is a reflection of the nature of the universal consciousness that permeates all the particles and parts of the universe

Spiritual truths surround us, knocking on the doors of our closed eyes, urging us to see the light instead of darkness, to act with wisdom rather than ignorance, to fill our hearts with love rather than hatred, and to cooperate in establishing peace and bringing abundance and security to our world When we do this, ignorance will vanish, worldly differences will disappear, we will see unity in diversity, and we will become more in harmony with the divine will

Our relationship with God is not a cold or loveless one, like that between an employer and an employee We are His children, and His care for

us is constant; He listens to us always We are an integral part of His being, and our relationship with Him is alive and vibrant He has bestowed upon us an inexhaustible wealth of love, understanding, insight, good will, and spiritual strength, but most of us have squandered this wealth on nothing

God wants us to live in security, peace, and friendly cooperation, as befits members of a noble and loving family, but greed and selfish calculations have sprouted and taken root in people's souls and have caused division among the family

God wants us to be masters, but we have chosen to be slaves Humanity has strayed far from its heavenly home and lost the inner paradise of feeling close to God and God close to us, and it will not be able to regain that paradise without personal effort God created us in His image, but this truth has escaped our minds

We have surrendered to the illusion that our destiny is hardship and our fate is annihilation, and we must tear the veil of illusion with the dagger of wisdom to see the bright truth behind the veil

God has blessed me with happiness throughout these long years of my life Whether people see the smile of contentment on my face or not, divine joy is always with me and never leaves me The great river of bliss flows continually beneath the sands of my consciousness and bursts forth as blessed springs that water the gardens of my life

Neither the sudden upheavals of life can disturb my peace, nor can the specter of death take away the spiritual happiness I feel

It was difficult to make that state permanent and unchangeable, but the fruits of the spirit that I now enjoy and share with others were worth all the effort I put into it

I think and act guided by the divine spirit Money has never been my goal in life, but rather serving my brothers and sisters in humanity Therefore, God has opened many doors of goodness for me to sustain myself and fulfill my mission And whenever I need help, God provides it immediately

My only wish is to serve you, and that is why I am here

God's power is at work in your lives as well You will experience this truth for yourselves when your faith is strengthened and you realize that true wealth comes not from material success but from the Almighty

Every moment you spend with God will be for your ultimate benefit, and everything you accomplish out of love and to please God will be written for you in the record of eternity

Retreat into the solitude of your deep thoughts and enjoy the peace flowing from the fountain of silence

If we sow good deeds, we reap joy and blessings, and if we sow bad deeds, we reap various types and degrees of crises and problems

Every good deed is like a pickaxe with which we dig into the soil of consciousness to uncover the fountain of divine joy

Learn to dive into the sea of introspection and exploration, whether in relation to good books, belief, problems, philosophy, or inner joy, recognizing that ordinary [contemplative] solitude is the price of true happiness

Although life seems unpredictable, capricious, and mysterious, fraught with doubts and all sorts of problems and upheavals, we remain under God's constant protection We must not exaggerate matters or lose our composure in the face of events, because if we allow panic to overwhelm us, we give power to evil and deepen its roots, which grow and thrive in the soil of fear and anxiety

Ask yourself every night: How much time have you spent with God, how much have you pondered, how much have you accomplished, how much have you done for others, and how much have you controlled your desires?

We shouldn't expect to find lasting happiness and peace in life's trials; rather, we must seek and discover them within ourselves Then, whatever experiences we go through, we will deal with them in the same way we watch someone else's experiences in a movie, whether pleasant or painful

A person can turn all their experiences into painful, miserable ordeals if they allow their mind to do so They may enjoy good health and yet fail to appreciate its value But if they fall ill, they will then

humble themselves and appreciate the blessing of well-being We should acknowledge God's favor and thank Him for the blessings He bestows upon us without waiting for adverse circumstances to make us grateful and acknowledge His grace

Life should be a blend of reflection and action When a person loses their psychological balance, they become vulnerable to the onslaught of worries, the clouds of sorrow, and the pangs of pain And if they attempt to violate the laws of health, prosperity, and wisdom, they will inevitably suffer from illness, poverty, and ignorance

We must keep our intentions pure, our motives clean, and act in a way that brings us peace of mind, and not allow life's circumstances to disturb our peace and destroy our happiness

Sad hearts and broken thoughts attract me, no matter how far away they are

Expand the boundaries of your glowing kingdom of love to gradually include your family, your neighbors, your community, your country, and all conscious countries and creatures

We must also strengthen our intellect and reject the burden of intellectual and moral weakness inherited from years and generations These impurities must be burned away in the fires of renewed resolve and productive action With this constructive approach, the truly committed individual can reach the horizons of liberation and freedom

Activate the infinite power within you so that you can play your prestigious role on the stage of life

As soon as a person begins to worship possessions, money, fame, or anything else besides God, unhappiness becomes their lot Those who focus all their attention on these things are in reality worshipping them, and therefore they do not draw closer to God but rather drift away from Him But those who contemplate God, meditate on Him, and commune with Him in their hearts draw near to Him and experience inner joy in their silent communion with Him

God alone is capable of fulfilling human dreams and hopes for lasting happiness Therefore, nothing should be allowed to take God's place in the heart

There are sacred symbols that may help the seeker remember God and draw closer to Him However, if a person begins to worship these symbols, their harm will outweigh their benefit Worship should be directed only to God, for nothing else is worthy of worship

Whatever the nature of ritualistic worship, it is acceptable to God as long as the worshipper performs it with spiritual awareness and longing for Him However, many people do not grasp the essence of worship, and their thoughts and hearts are diverted from God to the rituals, thus not benefiting much from their worship

True worshippers do not allow their consciousness to be confined to any image or form,

but they focus with the deepest love and full attention on the divine spirit behind all images and forms

God is absolute and infinite, and no image or statue can contain Him

It can be said that God manifests himself in everyone who loves Him sincerely and is in harmony with Him, because He is present everywhere and therefore present in everyone However, not everyone has the ability to manifest the divine presence The sun shines equally on both coal and diamond, but the diamond receives and reflects the sunlight, while the coal cannot

Similarly, all people are immersed in God's light, but only a few are able to receive that light and reflect it in their thoughts and actions To do so, they must purify themselves through meditation and by following divine teachings and commandments

When we pronounce the name of God, we must be deeply and sincerely aware of what we are saying If you could see into people's thoughts during prayer, you would find that most are thinking about everything but God, even though they are uttering His name! Such a prayer is fruitless and worthless

When we pray, we should strive to focus our entire minds on God, rather than merely repeating His blessed name while allowing our thoughts to wander One of my aunts used to recite her prayers on prayer beads, which were rarely out of her hand But she confessed to me one day that despite

practicing this prayer habit for forty years, God had not answered her prayers No wonder! Her "prayers" were nothing more than a nervous habit

When we pray, we should think of nothing but God We should strive to be sincere in our worship and devoted in our supplications Using prayer beads and constantly invoking God's name is perfectly acceptable when the practice stems from the heart and is supported by sincerity and focused mind However, this practice can become automatic over time

We must whisper God's name in our hearts, with longing and divine love; this is true worship that touches God's heart To utter God's name with coldness and a wandering mind is blasphemy and disrespect When one prays, one's heart and mind must be filled with the love of God

O Lord, You are the divine North Star by which my wandering thoughts are guided in the turbulent sea of trials and tribulations

Practicing mind concentration through higher yogic exercises helps to draw closer to God, the supreme source of glory and splendor, just as it helps to think about God and communicate with Him

It is essential to dedicate one day a week to spiritual retreat (if possible) for contemplation of God and to experience tranquility, peace, and inner peace Time spent in this way will be a soothing balm for the troubles and anxieties you encounter during the rest of the week

Everyone needs to spend one day each week in seclusion or a "spiritual retreat" to heal their emotional wounds and pains When that day becomes one of peace, joy, and contentment, you will eagerly await it week after week

Solitude is the price of greatness You will be amazed by the wonderful results that will be achieved for your mind, body, and soul through this spiritual retreat and connection with your spirit and with God If you aspire to true happiness, you must immerse yourself in the ocean of divine peace early in the morning upon waking, and also before going to sleep at night

The sages of India advise not just one day of seclusion, but emphasize the need for quiet meditation during four specific times each day At dawn, before rising and seeing anyone, one should enjoy the tranquility and sense of peace At midday, one should calm the mind before lunch, and again enjoy a period of peace before dinner Finally, before going to bed at night, one should enter a state of peace once more

Those who diligently observe silence during solitude and throughout these four daily periods are bound to experience harmony with God Those who cannot observe all of these periods should dedicate at least the morning and evening hours to this By doing so, their lives will be transformed for the better, and they will experience true happiness; experience is the best proof

If you keep writing and signing checks without depositing enough funds to cover your bank

account, your money will run out The same applies to your life Without regular deposits of peace in your life account, your energy will be depleted, your tranquility will vanish, and your happiness will evaporate In short, you will eventually suffer emotional, mental, physical, and spiritual bankruptcy But deep daily meditation on God will replenish your emotional account

The devout seeker meditates daily, communing with God with all the love and longing in his heart, beseeching Him to reveal Himself If you are a lover of God and yearn to experience His presence, you must immerse your mind and body in His peace, and life will smile upon you, and your affairs will improve in many ways

A calm person rarely makes a mistake, and succeeds where thousands of others fail

Those who do not think about God or care about Him become depressed and miserable They become irritable and turn into walking machines

The sun of wisdom and peace will rise in the sky of tranquility and will bathe your being in its healing rays as long as you make a spiritual effort and give first place to God in your heart

A single moon shines brighter than all the stars combined The sun, which appears small, dispels darkness from an area millions of times larger than itself Similarly, a good person, simply by existing in the world, emits vibrations that counteract and neutralize a great many of the vibrations emitted by evil people

A day of reflection should also be a day of mental and physical rest and the cultivation of inner peace Any activity that yields wisdom and peace is a blessed activity on that day

As for honoring parents, the holy books have recommended treating them well: “Honor your father and mother” and “Be kind to parents”

Human parents should be honored as representatives of God, who endowed them with the gift of creating humankind The mother is the embodiment of God's pure love, for a loving mother forgives where no one else will The father is the manifestation of God's wisdom and the protector of His children

One should not love one's father and mother apart from God, but as an expression of His protective and wise love The supreme divine spirit becomes both father and mother to help the child; therefore, it should be honored in the parents

The scriptures also advise us against killing for the sake of killing, for then one becomes a murderer A person should not take another's life in a moment of intense emotion However, if loved ones are threatened, one must fight to protect those God has entrusted to them, for it is a sacred duty to defend one's family and country

Regarding the prohibition against adultery, the ideal purpose of sexual union should be the procreation of children created in God's image and the expression of the pure love felt by spouses who see God in one another Those who live solely on a physical level, without any regard for true love or

the higher purpose for which sexual desire was created, commit adultery according to this commandment In this case, they are no different from animals that satisfy their sexual urges and then go on their way

God created this creative drive in men and women to procreate and express true mutual love in married life, and it should not be misused otherwise, but rather transformed into a sacred activity and knowledge

If you can control and distribute sexual power within your being, you will be able to develop great mental abilities for writing, drawing, or for revealing latent talents in countless other ways

And when you are finally able to control and spiritually transform creative activity, you will experience great peace, great love, and increasing spiritual joy

Saints and spiritual leaders who have spiritually transformed their sexual activity are giants capable of performing amazing and astonishing feats in the world and in the esoteric search for truth

Thus, the highest use of the sexual drive is to elevate its power, that is, to channel its energy toward a higher purpose in order to manifest wisdom, lofty ideals, and spiritual principles One should not derive pleasure from sexual thoughts or desire what is forbidden When this kind of self-control is achieved, one will have a sound perspective on sexual intercourse and its higher purpose

Being enslaved to sexual matters means losing health, self-control, and intellectual peace, and in short, all the elements of happiness that a person needs

The holy books also urge us not to steal If a group of a thousand people were to steal from one another, each would have 999 enemies Therefore, one must not infringe upon the rights of others, nor seize their land, peace, love, dignity, or any of their material or spiritual possessions If you do not feel the desire to take what is not yours, what you need or desire will come to you Theft originates first in the mind when a person begins to envy others The seeds of malicious desires must be uprooted from the mind Spiritual altruism is the way Then, a person will naturally attract abundance, and blessings will flow to them from sources they know and sources they do not know This is an infallible divine law As for thieves and selfish people, they spend their lives chasing after material possessions, their eyes always on what others have, even if their own coffers are overflowing with gold

Unless material selfishness is abandoned, the world cannot know happiness

Happiness comes only through spiritual cooperation It comes when a person feels the needs of others as if they were their own and works for others as they work for themselves

Another important commandment is to avoid bearing false witness Harming someone by distorting the truth is another way to undermine

social harmony If one wishes to be treated well, one should treat others accordingly The truth should always be told, but a distinction must be made between stating the truth and merely stating facts Referring to someone as lame or blind is hurtful and harmful; one should be mindful of others' feelings and avoid embarrassing them Similarly, revealing a truth that would betray someone without a noble purpose is also wrong On the other hand, one should not lie to avoid telling the truth; rather, one can remain silent in certain situations to avoid embarrassing or harming others

One must beware of envy, a destructive disease that gnaws at the peace of the soul The more one covets what belongs to others, the greater one's unhappiness and misery become The envious person lives a troubled life, never knowing the taste of tranquility It is far better for them to respect themselves, rely on themselves, and seek inner spiritual richness

A person's dignity and intrinsic worth are far greater than anything they might desire or long to possess God is manifest in every human being in a way that is not manifest in any other human being Their face is not like anyone else's, and their soul is not like anyone else's, for within them lies the greatest treasure of all creation—and that greatest treasure is God

We want our lives to shine and flourish with good deeds, to be fragrant with joy and happiness, and to live forever in the memory of those who appreciate us

When a person has the right faith and acts accordingly, he is happier than those who lack faith and do not perform their duties in the battle of life

Sound faith and righteous action (supported by noble motives and good intentions) are always present wherever happiness exists, and are lost wherever happiness is absent From this, we can conclude that they are two essential conditions for happiness, which cannot be attained without them Those who desire happiness need only possess these two fundamental elements, which are its cornerstones and pillars

Humans cannot control, alter, or erase the infinite components of the universe at will These components are intricately interwoven with the fabric of human life, and humans cannot function in isolation from them However, humans can control their minds to adapt to these components and avoid being harmed by them

Our ancestors were happier than us not because they possessed more worldly things and pleasures than we do now, or because they were less exposed to life's problems, but because they possessed the psychological balance that gave them comfort, peace, contentment, and in short happiness

They didn't depend on external circumstances for their happiness, nor did they succumb to external conditions that would rob them of it Their feelings of comfort, peace, happiness, and contentment were natural, normal, healthy, and

lasting We, too, should cultivate these feelings if we wish to possess happiness And who among us doesn't?

Fate is the result of a past exercise of free will or freedom of choice Through our past practices of free will, we have brought and continue to bring upon ourselves fate and destiny However, we are not bound by the past, nor are we forever constrained by the consequences of our actions We can undo what we have sown and erase what we have written if we so desire and strive to correct our course and improve the quality of our harvest

If we eradicate the seeds of actions with painful consequences and plant in their place seeds more suited to the nature of the soul, we will surely reap the fruits of happiness from those good seeds sown in the soil of the soul We must exercise free will now, now and not tomorrow, if we wish to attain greater happiness or lessen suffering and pain

Therefore, the conditions for happiness lie within the human being, and all he has to do is deal seriously with that equation that does not err, and the results will be in his favor if he makes the best assessment and dealing with it

O Lord, may my being be filled with Your vitality, my heart with Your comforting and compassionate presence, my mind with Your wisdom, and my soul be filled with Your divine awareness

In the soil of your hearts, the seeds of love grow Water those seeds with the waters of universal love and universal compassion

The mind's power is unlimited and accordingly, if you think deeply enough about any subject, you will get the answer to any question related to that subject

If a person dedicates all their work and activities to serving others and accomplishes them with a satisfied mindset, then they truly deserve consideration and gratitude

We should not be one-sided Rather, we should balance our activities and prioritize our work and duties, according to the importance of each

Duty is that action which a person performs with joy and not for material gain, and spiritual and moral duty should come first in life

Every human being has untapped potential They possess all the necessary strengths The mind itself is a supreme power, and it must be freed from outdated and restrictive habits and concepts

The influence of planets and stars on human life is caused by the intervening forces of attraction and repulsion between the planets and human bodies

Evil thoughts lead a person to a harmful environment where they can express themselves according to their desires However, a person can change their thoughts and consciousness through willpower, and consequently, their environment If a person remains in a harmful environment for a long time, that environment begins to influence

them subconsciously Over time, they completely lose their freedom to choose a healthy and wholesome environment and become subject to the negative influences of that harmful environment Those with strong willpower, on the other hand, are in harmony with God

Concentrated mind energy

When you focus sunlight through a magnifying glass onto a tiny point, it produces heat, and that heat can ignite wood, fabric, paper, and more Similarly, when you focus your mind precisely, its concentrated energy can burn away the roots of doubt behind every failure and allow the light of wisdom to shine brightly

When the mind aligns with God, the source of all goodness and the origin of all blessed power, it becomes aware of the divine presence and possesses all the elements of success These elements are closely linked to God's immense power, capable of creating new opportunities for success in any field

Troubles and difficulties arise from a person's lack of awareness of their past actions, committed at a particular time and place Their current suffering stems from thoughts and deeds they uttered, which took root in the soil of their consciousness, sprouting into a plant and bearing fruit that reflects the very characteristics of those thoughts and actions

Trials and tribulations do not come to break a person or paralyze their will, but rather to make them appreciate God's greatness and respect His laws, through which they can attain true happiness God does not send these harsh trials because they are primarily of human making All that is required of humanity is to awaken its consciousness from its slumber of heedlessness and to emerge from the darkness of ignorance into the light of knowledge

Most of the time, our senses promise us fleeting pleasures but ultimately bring us prolonged pain and suffering True virtue and happiness, however, promise little, but ultimately grant us pure and lasting joy This is why I consider inner, lasting happiness to be true joy, and temporary sensual pleasures to be mere enjoyments

When you look at the sun from millions of miles away in space, that enormous star appears much smaller than our Earth

However, the Earth's diameter is approximately 7,900 miles, while the Sun's diameter is a hundred times greater than the Earth's If you could place our planet Earth directly in front of the Sun, it would appear as a tiny dot compared to the Sun

Let's suppose that the mighty solar field is expanding and widening until its enormous mass swallows the entire blue sky The sky we see is but

a small part, indeed a tiny speck, of the space that permeates the infinite universe

Even if the sun continued to expand and stretch into space indefinitely, it would still not be able to encompass infinity

The cosmic illusion of smallness and finitude limits and prevents the mind from perceiving that cosmic vastness

Where did this absolute void come from, and where are its limits?

He who is not subject to dimensions or measurements, who has no limit or origin, is God, who is omnipresent and exists in the farthest reaches of space He is in the distant, remote stars Just as it exists within you and within me , it is consciously aware of every space it occupies , no matter how small or large

The past is unknown to most of humanity, with the exception of a select few enlightened individuals Yet, our ignorance of the past is also to our advantage For if we knew everything we have done in this life and in previous lives, we would be overwhelmed by the sheer volume of our actions and utterly bewildered Our will might even be paralyzed by the shock, rendering us incapable of continuing our pursuits and leaving us prey to despair Even in this earthly life, forgetfulness is a blessing from God, preventing our thoughts and feelings from being consumed by memories of the past, especially the bitter and painful ones

Fortunately, the divine spark within us constantly shines with hope and the desire to continue the ceaseless journey of life We must thank God for these two blessings: the ability to forget the past and the hope for the future

We should not conclude that fate places obstacles in the way of free will However, we must do our utmost to resist the negative influences that most people attribute to fate and destiny, and exercise our freedom of choice according to our inner convictions, provided that these convictions are based on sound faith and grounded in divine laws, without which a person cannot taste true happiness

When we embark on an action, we should not be intimidated by adverse circumstances, but rather be optimistic to the utmost degree, with absolute faith that nothing can stand in the way of exercising the will and exercising freedom of choice

Human beings are often like a leaf floating on the surface of a river, and they must pull themselves out of the current of automatic habits that carries them toward waterfalls of illusion and destruction Most people seem indifferent and allow themselves to be swept away by the current

If we fail to achieve our goal, it's acceptable to implicitly acknowledge that there were obstacles of our own making that prevented us from reaching it We must persevere and redouble our efforts to achieve our desired outcome We must also assure ourselves that no matter how strong and formidable the obstacles and challenges may be, we still possess the strength to overcome them Even if we fail despite all our attempts, there is no need for despair or frustration, as long as we understand that human will is stronger than destiny, which is of our own making Therefore, we must not cease trying, no matter how many times we fail, because there are always open doors We simply need to continue striving and repeating the attempt until success is granted to us God will provide us with assistance as long as we rely on Him and exert the necessary effort [He who walks the path will reach the destination, and he who trusts in God will not be disappointed]

When a person desires something intensely and persistently, that desire never leaves their consciousness, wherever they go and whatever their preoccupations may be Through its constant and tireless activity, that desire possesses immense determination and energy This inner whisper is more powerful and effective than mechanical supplication, which merely moves the lips This is how those who love God act They whisper their love for Him ceaselessly, their heartfelt whispers remaining inaudible throughout

their daily activities This heartfelt whisper does not distract them or conflict with their other duties As their desire for God grows, their love for Him deepens and intensifies, until they experience His presence and behold His light with the eye of the soul They taste overwhelming joy and feel a peace beyond description

God sends us the lessons we need in life so that we can benefit from them and gain understanding and experience Whoever avoids those lessons will be forced to learn them no matter how long it takes

Every test is a friend if we learn from it, and a tyrannical despot if we squander the opportunity and misuse it with grumbling, resentment, and poor judgment

When we have a sound understanding and the right attitude towards life, it becomes beautiful and free of complications

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psychological cases

A person cannot remain forever carried on waves of joy, submerged in turbulent waters of sorrow, or drowned in the depths of boredom In this world of conflicting dualities, the average person is subject to ups and downs—rising on waves of happiness, sinking into the abyss of apathy, and tossed about by raging waves of sadness—rarely experiencing any other state of consciousness

Allowing circumstances to sway one's thoughts in this way means surrendering one's will to a capricious and ever-changing fate What a person needs to live a successful and fulfilling life is mental balance, and this can only be achieved through focused thinking and control over one's emotional faculties

Even the deepest sorrows heal with time, so there's no point in dwelling on grief every day of our lives Constantly grieving the loss of a loved one helps neither them nor us, and it changes nothing Similarly, cultivating an inferiority complex or punishing oneself for past mistakes or failures is counterproductive; it only makes life miserable and stifles mental faculties

We must not allow ourselves to fall into the pit of boring routine, because that is a psychological state that is far from comfortable, as it disturbs the mind and burns the latent abilities in the furnace of apathy

Failure must be eradicated from its roots, and the fields of life must be plowed with diligence and determination and sown with seeds of goodness in order to reap a bountiful harvest, with God’s help

Do something no one has done before—something that will amaze the world Show that God's creative power is working through you

People with calm and noble temperaments help make our thoughts magnetic and healthy It's not difficult to determine whether a person draws their intellectual nourishment from a peaceful or a disruptive environment Anxiety, distress, and confusion all stem from associating with the wrong kind of people, whether friends or relatives, leading to anxious thoughts and a troubled mood

The body derives energy and activity from physical foods, while magnetic foods supply both the body and mind with energy charges that are easier to digest than solid and liquid foods that cannot be easily converted into living energy

When you can transform ignorance into wisdom, weakness and frailty into health and vitality, and walk confidently and boldly—even alone—through life's paths, and find inner joy in possessing a living and vigilant conscience, and unwavering faith in God's justice and the triumph of right over wrong and truth over illusion, and when you strive daily to elevate your thoughts to higher and more refined levels, and possess a loving and grateful heart and good intentions toward others, your intellectual nourishment will become magnetic, and you will attract to yourself all that is beautiful and beneficial—things, people, and circumstances—that are essential for continuing your journey toward the shores of security and safety And lastly, when you exert effort to acquire what you need and are content with what God provides, you will be richer in spirit and more satisfied than those who are consumed by worldly desires and greedy for its fleeting pleasures

Compassion is the bridge that connects every soul to other souls Compassion is the gateway to every heart

When a person seeks God, who is the only true friend beyond all others, it becomes possible to establish genuine friendship in all human relationships—familial, fraternal, marital, and spiritual Friendship is a vital element in marital

relationships, and intellectual and emotional closeness, a sense of spiritual attraction, and true love should be the priority Those who fail to distinguish between true love and physical attraction are repeatedly disappointed

When marriage is founded on high ideals and mutual respect, it becomes a happy and successful union between two loving and cooperative souls who alleviate each other’s burdens of life and dispel the worries of living with mutual empathy and friendly understanding

No one can control me or take away my will unless I allow the thoughts and actions of others to influence me

If you confine your thinking to matter, you will see everything from a material perspective But once you raise your consciousness to a state of spiritual awareness, you will see the pervasive current of God's light flowing beyond all matter, and you will see everything from a spiritual perspective

Lord, I realize I have an endless opportunity to explore my abilities and discover my spiritual potential Today I will fill my thoughts with optimism and detach myself from unpleasant experiences I will practice what will nurture my

body, mind, and spirit in a balanced and harmonious way

I will replace material attachments with higher aspirations
And I will realize that the faithful spirit is always with me

The dance of life and death is ever-present, but I will free myself forever by saving my spiritual identity And when I face the storms of trials and tribulations, I will set sail in my spiritual boat across the sea of life to the safe, divine shores

When I work and create, I will remember that God is working through me He is the Lord of the universe, and I can connect with Him through deep contemplation of Him

My beloved God, I realize that my thoughts will bring me either failure or success, depending on which idea is strongest in my life And I will try to remember that You are extending Your helping hand and preparing the way for my success

When calamities and misfortunes befall me, I will summon my strength and fortify my resolve to overcome them I will be sincere and honest in my

dealings with everyone, and I will spread thoughts of love and good wishes Then God will support me with His power and wisdom

Spiritual illnesses and their treatment
Master Paramhansa Yogananda

Try to imagine a group of human figures that are disproportionate and disharmony:

One with a small head the size of a chickpea and a large body the size of a camel!

Another one has a mighty hand like the hand of Samson or Hercules and a body like the body of a dwarf!

And a third one has the head of a huge elephant and the body of a scrawny mouse!

Wouldn't that scene be surprising and astonishing to you, or sad and regretful, if you suddenly saw a crowd of those creatures with a strange and discordant composition?

Now imagine another group of people who are normal in form and appearance, but are mentally unbalanced and psychologically disfigured

Just as clothes conceal wounds, sores, and other physical deformities, so too does a strong, healthy body and a beautiful, radiant face conceal many serious mental illnesses and birth defects

If you were to meet a large crowd of ordinary people who are distinguished by their elegant appearance and good health, and if you were able to penetrate their mental bodies with your spiritual

vision, the surprise would be astonishing, and you might be overcome with deep sadness at what you would discover

You might observe their mental bodies as follows:

The mind is represented by the head, the senses and feelings by the torso, and the will by the hands and feet all of which are abnormal, sick, and deformed

You will find that some have a small head with underdeveloped wisdom, mounted on a flabby body swollen with selfish ambitions and sensual desires

You will also find that some people have a body that is devoid of feeling and vitality, even though they have a highly developed, functional arm

Others may possess a large, creative brain, but their empathy and emotional capacity are stunted and atrophied And there is another category of people who have a normal physical and mental constitution, but whose willpower and self-control are either weak or paralyzed

And the list of observations goes on and on May you live long!

Such countless psychological distortions in mental bodies that are underdeveloped in some aspects and overdeveloped in others are indeed present – although hidden – in humans They cause them psychological pain and prevent them from showing their talents and abilities as they should be shown

Addressing some psychological illnesses here may help to identify the underlying causes of all human problems, so that they become at least known to all those who suffer from them, even subconsciously, so that they can understand the nature of those defects, their symptoms, and their silent penetration into the psyche, so that they may be able to repel their creeping destruction of peace and happiness

spiritual melancholy

This disease is widespread among those who are intellectually and physically inactive under the pretext of being deeply engrossed in spiritual matters These afflicted individuals neglect the major and minor duties of material life under the guise of serving God, thus opening themselves up to Satan, who can inflict serious harm upon them They suffer from pessimism and a lack of appreciation for anything beneficial or beautiful around them This is a contagious disease, and all those with spiritual aspirations must be wary of it and free themselves from it by constantly keeping their vitality alive and their immunity strong through positive thinking, an optimistic outlook, and healthy, productive work

spiritual indigestion

This happens as a result of the random (guzzling), that is, the rapid ingestion of large quantities of ready-made psychotropic drugs registered under glittering names, and presented in the form of fake spiritual books and lessons by

“spiritual doctors” experienced in the art of charlatanry and sorcery

This disease not only kills the spiritual hunger to know the truth, but also destroys the ability to distinguish between good and bad, beneficial and harmful

He who constantly devours theological ideas and feeds on everything that falls into his hands will not only overeat but will also consume poisonous ideas along with useful ones, bringing upon himself intellectual indigestion and thus slow spiritual death

Excessive and continuous study of various spiritual and philosophical ideas, without discernment or effort to digest and examine them through personal experience in order to ascertain their validity, ultimately generates doubt, apathy, and distrust in all spiritual principles and laws

Passion and obsession

Those afflicted with this disease live a wasted, meaningless life because they have too much money and time, and because they lack purpose and a proper understanding of life

These people are driven by their desires; they do whatever comes to mind and pleases them They fill their lives with cheap, trivial novels, sensational films, and superficial, pointless entertainment They don't realize they are afflicted with this dangerous disease until they experience a severe shock or a nervous breakdown—that is, after the damage has been done

mental cold

This condition has another name: despair A person never knows when it will strike and suffer its distressing symptoms, such as hopelessness, intolerance, anxiety, and impatience Worse still, it is often prolonged, and its victims frequently relapse easily, even if they believe they have made a swift recovery

Psychological catarrh

This illness is caused by dwelling on chronic worldly worries Those who suffer from it usually neglect to use the weapon of their willpower and thus passively and submissively submit to their constant fears instead of confronting them courageously and eliminating them in their infancy

abnormal psychological attachment

Victims of this disease become one-sided in their pursuit of happiness Believing that happiness lies in accumulating wealth, achieving fame, or possessing health or power, they sacrifice everything—health, a good reputation, peace of mind, honor, and dignity—on the altar of their burning ambition Too late, they realize that only a balanced life, one that respects the laws of nature and the precepts of God, and harmonizes activity with tranquility, can bring true happiness and fulfill the purpose of a noble life

Those suffering from unhealthy attachment disorders are consumed by thoughts of unbridled longing, leading to a distorted and warped view of life For example, a businessman achieved great success and amassed a fortune, but before he could enjoy his wealth, he suffered a nervous

breakdown due to overwhelming worries and fears, and died heartbroken

Others believe that everything is permissible in order to achieve the goal Because of this confusion, they miss their true objective and are unable to attain even the slightest satisfaction, even if they possess those things they have longed for, because human nature is vast and multifaceted and requires balanced development on all levels

Blind spiritual clinging

This aberrant fanaticism for certain beliefs stems from clinging to specific opinions and ideas without questioning or examining them, thus creating in those afflicted with this malady anger and hostility toward any sound spiritual idea or open and liberated thought This isolation leads to rebellion against God's laws, which are manifested in intellectual efficiency, material well-being, mental and physical health, and love and respect for people of all backgrounds

Instilling spiritual principles

Because physical illnesses are tangible, painful, and unpleasant, they spur us to actively resist them, leading us to try to overcome them through various therapeutic methods, from exercise and healthy nutrition to different medications and drugs However, psychological illnesses, despite being the root cause of all human pain and fear, are not prevented or treated with

sufficient urgency, and are allowed to wreak havoc and destruction on our lives

Educators, physical education teachers, preachers, reformers, physicians, and legislators will be able to drive progress forward when they first learn, starting with themselves, and then teach others the correct ways to cultivate human nature in a balanced and harmonious manner, in accordance with the laws of life and the principles of a healthy existence This is the truly effective education and comprehensive human culture that people everywhere in the world need

Educational institutions deem it impossible to teach spiritual fundamentals in public schools due to the perceived confusion between these principles and various religious doctrines However, if these institutions focused on the universal principles of peace, love, service, faith, open-mindedness, and acceptance of others—which are firmly established spiritual constants—and developed practical methods for instilling these principles in the fertile ground of children's minds and souls, a reasonable and acceptable solution to this supposed and imagined difficulty could be found It is a grave mistake to ignore this issue simply because of the apparent difficulties associated with it

Most college graduates leave university with their heads so heavy and swollen from the contents of books that they can barely walk the paths of life, for their willpower and self-control have been almost paralyzed by neglect and disuse

Therefore, you see them acting recklessly and deteriorating, rushing headlong into the abyss of unequal marriages, misusing their sexuality, chasing after money, and failing in their careers because they haven't learned how to properly wield the sharp knife of their academically honed intellect As a result, they cut themselves and inflict harm upon themselves

Strangely, many young people seem to enjoy engaging in activities that ultimately bring them harm and pain Some resort to theft and other wrongdoings, even criminal acts, without any restraint or deterrent Those who fail to prevent the spread of vice in society encourage the misguided behavior of some Every person of conscience and genuine faith should be a good example to others in terms of integrity, honesty, dignity, and self-respect Schools, colleges, universities, and social institutions do not provide sufficient scientific methods to reduce crime by addressing its root causes, which are primarily found in the mind

Special schools should also be established to teach the art of a happy and successful life, to develop one's potential and enhance one's self-capabilities

Such schools will be like gardens and parks where young minds grow and flourish The educators must be carefully selected and ensured to have the cooperation of parents and the community These schools will help shape individuals more effectively It must be borne in mind that the spiritual nourishment of a person in

their early stages determines their health and ability to grow later on

The mental and physical training methods used in modern schools are undoubtedly beneficial, but they lack a spiritual foundation Without the development of virtuous character, growth will be incomplete

The sciences of physical, mental, and spiritual development must be taught to young people whose minds are still tender and flexible and whose powers are not yet channeled in certain ways

After comprehensive training, students of those schools should undergo continuous reflective examinations, and the certificates acquired will be good health, a good reputation, effectiveness, material and spiritual wealth, happiness, success, and self-confidence

The results of the final examination at the end of this earthly journey will be determined according to the overall sum of mental and spiritual achievements and certificates obtained during the sub-examinations throughout the lifetime

Those who excel in this final, greatest test will receive a sacred certificate of self-sufficiencyand a free, pure, and joyful conscience

And blessings inscribed forever on the page of the soul

This rare prize will not be tampered with by moths

And the hands of thieves will not reach it

Or time will erase it

It will serve as a passport
For honorary membership in the Righteous Group

Where does happiness lie?
God, in His absolute mercy, grants us His joy and inspiration
And it gives us real life
True wisdom
And true happiness
True understanding comes through all the diverse experiences of our lives
But God's glory is revealed only in the spiritual peace the soul experiences and in the mind's earnest attempt to harmonize with Him There, we stand face to face with the truth Outside, illusions are incredibly powerful, and very few can escape the influence of the external environment The world continues with its endless complexities and countless trials The voice of God lies behind the appearances of life, constantly calling to us and speaking to us from flowers, scriptures, our consciences, and through all the beautiful things that make life worth living
The more we focus on external things, the less we can experience inner glory; and the more we turn inward, the fewer external difficulties we face It's a constant equation But most people don't realize this truth due to the influence of worldly companionship, the society they live in, and unhealthy habits Society keeps a person immersed

and preoccupied with superficial matters, preventing them from contemplating deeper truths

Even spiritual places are visited by some without a genuine desire to benefit from their blessed atmosphere, so they gain nothing of note from those visits

Whoever desires to see God will find Him everywhere Human habits are destructive, predatory, and ravenous; they destroy, ruin, and annihilate It is time for humanity to learn how to be happy and content with what it has We should not desire anything more than what comes to us God is generous; He knows what we need and provides it in due time This does not mean we should rely on God without making any effort Not at all It means we should do our part to the best of our ability and leave the rest to God, who will never deprive us of what we need and deserve

The best way to be eternally happy is to feel God's presence Our highest desire should be to know God and to resolve to be with Him God should be first and foremost in our thoughts and feelings, and we should consider Him the strongest and most firmly established pillar in our lives

(So hold fast to the rope of God, seeking refuge in Him)

For he is the pillar if all other pillars fail you

I have come to realize that the sole purpose of life is to know God There are those who may not be convinced that finding God is the ultimate goal of life But no one can deny that the purpose of life is

to find happiness And I say with complete confidence and certainty that God is the ultimate happiness He is supreme bliss He is absolute, universal love He is the eternal joy that never leaves the souls of those who are in harmony with Him So why don't we strive to attain that perfect happiness? No one else can give it to us We must constantly cultivate and nurture it within ourselves The forces of nature strive tirelessly to grant people worldly pleasures, but such fleeting pleasures ultimately lead to regret, bitterness, and remorse Even the most fortunate person, who seems to have everything, may still not be truly happy They will not be content with earthly things for long because these things do not quench their true thirst or satisfy their spiritual hunger

Material possessions offer only a false sense of peace and fleeting satisfaction The world as a whole is mired in confusion and chaos, fueled by selfish and greedy desires that breed war Nothing else creates war

The true hero in the battle of life is the one who conquers himself and overcomes his desires Money, fame, lust, and everything that contradicts this principle are detrimental to our peace and happiness If people learned to always think in terms of the true values of life, they would find the happiness they seek, but they stray from their purpose and are swept away by the current of earthly desires I have found that no temptation can divert me from the path I have chosen and followed for myself

I could charm thousands with the power God has given me, but that path would be detrimental to me In any case, I do not wish to charm thousands and captivate their minds I only desire to see sincere disciples steadfast in God Those who love God will savor these ideas, and those whose zeal continues will feel God's blessings and presence through these teachings

It is impossible for a person to deceive God, for He is ever-present, knowing what is in their mind and what they desire When they renounce the world and yearn for spiritual harmony, God will come to them When that desire takes root in the heart of the one who seeks it, God comes to that heart and fills it with goodness and blessing The only thing worth living for is to be in harmony with God and to gain His favor That harmony must be an eternal covenant and an unbreakable pledge (those who keep God's covenant and do not break it)

Everyone desires more wealth than others Even when they acquire it, they remain dissatisfied, discovering that someone else is richer People live in a quagmire of self-inflicted misery, fueled by their desires We must be content with what we have Material possessions do not bring happiness; rather, they often amplify anxieties, worries, and apprehensions

The path to God is the simplest and easiest path, yet few walk it despite the many religious rituals and formalities It is better to turn our hearts to God and ask Him for what is best and most

lasting for us In truth, God is waiting for us because He wants to keep us away from evil and danger He wants us with Him in our hearts and minds because the cheap goods of this world cannot satisfy human longing or fill the spiritual void we feel deep inside God is always speaking to us, but few hear His voice That quiet voice is often drowned out by the clamor of noisy thoughts and blatant desires But when thoughts subside and desires calm, we hear God's voice clearly, even though it is silent and faint Truly, God does everything to help humanity, opening doors and illuminating paths so that we may see where we should step, lest we stumble or slip But most people do not realize this truth

I don't want people to think they can attain knowledge simply by listening to others or reading books They must apply what they read and hear Going to places of worship is better than staying home and listening to idle chatter But even in places of worship, one must feel God's presence in their heart and know how to experience it Emotional outbursts and rational analyses cannot give us the knowledge our souls yearn to acquire

When we surrender ourselves to God and bid farewell to selfish desires, and when we are certain that God is always with us, dwelling in our souls and inspiring us with good and noble thoughts and feelings, we will possess happiness and freedom, and we will witness the sunrise of wisdom on the horizon of the soul

Imagine! Decades from now, our very existence will be a dream, and everything we do now will become part of that dream Even the greatest figures of humanity will become mere figments of human consciousness But those great figures attained their ultimate goal because they reached the highest level and remain alive in spirit, fully aware and conscious of all that is happening, for they are united in divine consciousness Anyone who tries to harmonize with them through their thoughts and teachings will inevitably feel their presence, receive their blessings, and know deep down that they are truly in communion with them

Life is a grand dream Yet, when you look at your body now and see it vibrant with life, you become fully convinced of the reality of this dream You think you must acquire this or that thing to be happy But no matter how many desires you fulfill, you will not find happiness through them The more one acquires, the more one desires Desires must be filtered, and life simplified if one wishes to live in comfort, tranquility, and inner contentment

The scriptures say that the person whose desires always flow inward (towards their soul) is a person of high inner peace In this, they are like the sea, which never changes or diminishes, but remains full of water that flows into it ceaselessly But the person who creates holes of desire in the reservoir of their peace and allows the vital waters to leak and be wasted knows nothing of spiritual peace and inner happiness

We need guidance from those who know God, who have the ability to communicate with Him and consciously sense His presence The prophets have asked us to seek God in inner peace, in the solitude of the soul where the faithful spirit and supreme spiritual joy reside The enlightened teachers of India also endorse these ideas and emphasize the importance of deep meditation to perceive the Divine Self in the depths of the soul

Everything in existence is a wave-like vibration directed by the mind of God This intelligent vibration is the Holy Spirit, or the faithful Spirit, with whom one can communicate through prayer and meditation

In the stillness of your soul and the grove of your focused mind, the love affair with the Absolute and the Infinite is endless But it is difficult to find God if we pursue money first We must make God an integral part of our lives, and then we will have everything we need in this life Whoever makes God a permanent place in their heart, God will grant them an abundant share of the blessings of earth and heaven, and open before them vast horizons where the suns of wisdom shine, illuminating their paths and dispelling the darkness around them God is the eternal lover, and there is no happiness for humankind except when they love God as they love—at least—their dearest loved ones, for without God, we would not know the essence of love, nor taste its sweetness

We must learn to use our will and focus our minds to seek God with all our hearts Human

actions are dictated by desires, and these habits constantly compel us to do what we don't want to do Truly, man is his own enemy, unaware of it He doesn't know how to sit still, nor does he dedicate time to God, yet he desires happiness and guaranteed entry into Paradise without delay The sacred experience cannot be attained merely by reading books, listening to sermons, or performing good deeds These are all undoubtedly beneficial, but they are insufficient Reaching God requires meticulous concentration and profound contemplation

We must seek God's favor first We cannot please everyone, for that is impossible I try not to offend anyone I do what I can, and that is all I can do My sole aim is to please God I use my hands to humbly pray before Him, my feet to seek Him everywhere, and my mind to think of Him and contemplate His wonders God must occupy the first place in our hearts so that we may experience Him as peace, love, understanding, kindness, compassion, and wisdom This, and nothing else, is what I have come to bear witness to and speak to you about

In addition to reflection, one should maintain good company We should not chase after people, but rather after God If you find benefit in these thoughts, consider it a blessing from God, for all credit belongs to Him Share them with others so they may find in them what you find (And as for the favor of your Lord, speak of it) And do not forget to help someone every day according to

your ability As long as I have money in my pocket, I will not cease giving, for my inexhaustible and ever-flowing source is God

Finally, we must come to know God as the great ones did This is possible through contemplation and personal effort

Once, I was walking outside the hermitage, thinking about my great teacher, Sri Yuktiswar, who had passed away a few years before I felt an overwhelming longing for him and was sad that he was not with me to enjoy the beauty and atmosphere of the hermitage Suddenly, he appeared to me from the sky and said, "Do you think you are the only one enjoying this beautiful place? I am enjoying it just like you!"

The seeker desiring union with God must strive through the daily practice of meditation and loving Him, and extending that love to all This is the only way to avert conflict Spiritual cooperation is essential Without true spirituality, there is no individual or universal happiness Sacred harmony is the only solution to all physical, financial, marital, moral, and spiritual problems

Happiness comes from feeling close to God Humanity has imprisoned itself behind the bars of ignorance, and it is time to break free from this humiliating prison The mind must always be turned towards God, whatever the circumstances, and then you will experience great peace and joy

Those who yearn for God and dedicate their being to Him, encourage and enlighten one another, and constantly remember God, are the

happy ones in this world and the winners of the bliss of the Hereafter

Peace be upon you

The curtain will rise and clear away

Each one of us is made in the image of God We emanated from His divine Spirit, and His essence dwells within us in all its purity, glory, and surpassing bliss This sacred inheritance is an impregnable fortress For a person to condemn themselves as a sinner, floundering in the paths of sin, is one of the greatest sins of all For in doing so, they condemn themselves to helplessness, despair, and an inability to rise and ascend It is true that a person may commit acts contrary to natural and divine laws, but they must immediately change course and turn to the right path In their pure nature, a person is a sacred temple, and the divine Spirit dwells within them

We must always remember that God loves us purely and unconditionally But since He has given us the absolute choice to draw near to Him or turn away from Him, He waits for us to express our desire for His love before He comes to us

Once I heard his voice whispering during meditation: “You say that I am not with you, but you have not looked inside I never leave you for a single moment Enter the temple of the soul and you will see me For I am always here, to receive you and greet you with the greeting of divine love”

Profound sincerity is essential on the spiritual path In purity and truth, the dawn of the soul breaks forth

Our human wisdom is nothing compared to God The only way we can draw closer to Him is by giving Him the same pure love He bestows upon us

Everyone will eventually find salvation, but those who falter along the way fall into the abyss of apathy Indifference prevents us from realizing the crucial importance of finding God right now, in this very moment Our great planet Earth, floating in space, and our human identity, were not given to us to spend a few years here and then vanish into nothingness Rather, we are meant to reflect deeply and understand the mystery of existence To live without understanding the purpose of life is foolish, stupid, and a waste of time The mysteries of life surround us on all sides, and God has endowed us with intelligence to find their solutions

In my search for lasting love, I realized that God loved me in every way imaginable He loved me as a mother, a father, and a friend

I searched for that eternal friend beyond all friends,

And about that great lover whom I now see shining in every kind and loving face That divine friend has never disappointed me, nor has he ever let me down

God is behind all that exists We should honor and treat our parents kindly, but we must love God with all our hearts and souls We must recognize

the importance of a vital connection with Him, without wasting any more time

When we sleep, we don't know if we will wake up or not We leave this earth one by one But this thought should not cause anxiety When we die, we are called to be born again on earth, beginning a new life from where we left off in this one

I see life as the formation and dissolution of waves on the surface of the ocean The human wave rises from the surface of the divine ocean at its birth, and at death, it rests in the heart of God I have grasped this truth and know that I never truly die, despite the death of the body For whether I am resting in the ocean of the divine spirit or awake in the physical body, I am one with the cosmic ocean That supreme happiness cannot be found in the world At the same time, we have no need to flee into the forest in search of purpose We can find God in this jungle of daily life—in the depths of the cavern of silence

Human beings may commit many errors, but they are molded in the image of the divine spirit God created this illusory world of earthly pleasures for one purpose only: so that humanity might realize it is merely a cosmic drama, abandon illusions, and love God alone This is the truth, and it cannot be otherwise Why did God create us to love our family members only to see them depart from us one by one? These events occur to make us realize that it is God who truly loves us, beyond all those we love

Life is a series of moving images, but this truth is difficult to grasp because illusions seem real and realities seem like illusions The world fades from our consciousness each night as we sleep, perhaps so we may understand that the physical universe is not real

This lesson of sleep comes not to frighten us, but to make us yearn for the truth of God Nothing can satisfy the soul except God and His love The Spirit of God is the unparalleled truth There is no such thing as unreal, and what is real cannot be unreal The wise understand this radiant truth

Many years of our lives have passed, and only years, weeks, days, and hours remain Why waste time on things that are not beneficial? We should desire to connect with God day and night, and be completely sincere in this desire before the allotted time of life runs out and we leave this earth without accomplishing anything of note

At that very moment, I saw the great light of God enveloping all of creation What overwhelming joy! What a wondrous light!

My God, I thank you and bow down to you for these abundant blessings of feeling your presence

Blessings upon everyone in the same way, so that we may realize that You are the ultimate truth in the universe and that You are our ultimate goal, beyond which there is no other goal

We must love Him and speak to Him every second of our lives—at work and at rest, in movement and stillness—with deep supplication and burning longing Then we will see the veil of

illusion rise and dissipate God is with us in every moment of our lives Those who contemplate and harmonize with Him see Him in the beauty of flowers, the nobility of kind souls, the sublime and noble emotions, and the beautiful dreams Finally, He will emerge from behind the thick veils to say to every sincere seeker:

"We have been apart for a long time because I wanted you to give me your love willingly I created you in my image, and I waited until you used your freedom and gave me your love of your own accord"

We must ask God to grant us the eternal and lasting gift of His divine love But who can find this loving God without effort? If you exert 25 percent of the effort, the rest is up to God and your spiritual guide I ask nothing for myself, for all credit belongs to God, the source of all goodness and grace May His grace accompany you, His awareness be with you, and may you perceive the abundance of His presence within you and all around you

God does not answer us immediately because we hesitate to show how much we desire Him We should not be afraid to approach Him, but rather consider Him our own, our Beloved, and seek Him ceaselessly with our thoughts, actions, hearts, and minds, and we will find Him the greatest refuge of security and peace in this existence

O Lord, I offer You this bouquet of good souls, that they may adorn the temple of Your presence Accompany these souls, who are Your family and

Your beloved We sing Your blessed name Dispel the darkness of ignorance with Your holy light Banish the gloom from our minds with the radiant, boundless light of Your being We are Yours, whatever our circumstances Reveal Yourself to us, O Lord of Majesty and Bounty Bless each one of us Accept the whispers of our longing thoughts and the yearning beats of our loving hearts To You we offer all love, honor, and longing, for You are our Beloved and all that we possess in this universe

Bless us with Your grace Break down the walls of desire that separate us from You Be the divine King enthroned upon all our aspirations May the light of Your glory spread throughout the vast world Bless us all Fill us with the fragrance of Your presence And let us realize ever more that You have always been with us, You are with us now, and You will be with us forever

We thank You for the grace and love You have bestowed upon Your devoted followers who yearn for Your nearness and eagerly await Your presence We hope that the circle of Your disciples will grow so that we may celebrate Your blessed presence and rejoice in Your nearness

Bless us so that we may open our hearts to one another and purify our intentions, that we may be worthy of your protection and care Reveal yourself, inwardly and outwardly Unite us all, and in the light of that unity, let us recognize your unique existence

With the sincerity of our united hearts and the longing of our harmonious souls, we prostrate

ourselves before You, seeking Your help, guidance, and the constant awareness of Your presence in our souls

May the eternal fire of love burn brightly in our hearts, and may we feel Your nearness to us now and forever, O our Lord, O our Beloved!

Supreme desire and mental capsules

Great is the glory of God He is the essence of truth and can be found in this life In people's hearts are many prayers and supplications: for money, fame, health—prayers of every kind But the prayer that should be first and foremost in every heart is for the feeling of God's presence As we walk the paths of life in silence and certainty, we must realize that God is the ultimate goal that can satisfy us and fulfill our desires, for in God lies the answer to every longing of the heart

When you cannot fulfill a desire through your own efforts, you turn to God in prayer Thus, every supplication you utter reveals a hidden longing within But when you find God, all desires fade away, and all wishes are fulfilled

Worldly desires arise from misconceptions about the purpose of life This earth is not our true home The scriptures tell us that we belong to God, that we are created in His image, and that His will is for us to return to our divine origin What humanity fails to realize is that unless it returns to its divine source, it will be forced to struggle to fulfill countless desires Imagine that! It is true that humans cannot help but have desires, and there is

nothing wrong with having them However, most human longings hinder the fulfillment of the ultimate desire to return to God Thus, they are detrimental to human happiness Unless humanity desires God and finds Him, it will continue to burn with longing for whatever it thinks will bring it happiness But the immediate fulfillment of all desires comes automatically to those who find God

There are two categories of desires: those that help us find God, and those that hinder us from finding Him For example, if someone wrongs you, you may feel the urge for revenge However, if you overcome this urge by using the higher and more acceptable power of love, you will have used the very tool that will help you find God All desires should be fulfilled in a noble way, for when they are fulfilled through worldly means, desires multiply, along with troubles and suffering If we learn to offer all our longings to God, He will work to fulfill our good desires and eradicate our harmful and destructive ones There is no greater protection than a clear conscience, and no better defense against life's blows than possessing noble and sublime desires

When we realize that the perfect image of God resides within us, all our desires are fulfilled In that sacred awareness, which surpasses all earthly treasures and riches, you will not be shaken even if given the entire world Neither praise will instill pride in you, nor will blame harm you, for you will taste God's joy within yourself, and that will be the most important consideration in your life

We should ask first and foremost for God’s guidance in our attempts to achieve our legitimate desires, and that is the best way to get answers to all our prayers But supplication must be removed from prayer The old way of praying must change, and we must turn to God with complete trust and unwavering faith that He hears us and will grant our requests God does not want us to relinquish our will—even when we pray to Him—because that will is the most precious gift we have received from His gracious hand, a sacred right He intended for us from the moment of our creation

Naturally, one must distinguish between reasonable and unreasonable prayers and desires Remember that desire is power; if you cling to a desire—whether good or bad, beneficial or harmful—and dwell on it day and night, it will eventually come to pass Therefore, one should be cautious and avoid harboring harmful desires, for they will be fulfilled and will bring with them immense harm and unenviable misery

Over time, you'll find that even though your desires are fulfilled, your heart remains empty, and you'll experience inner rebellion Imagine your digestive system is weak, yet you crave fried foods Of course, you'll feel pain every time you eat them, despite the pleasure you experience while indulging And so, you'll feel like you've made a mistake Wisdom dictates using discernment to distinguish between good and bad desires, and once this is achieved, those wrong desires should not be fulfilled Human beings possess the inner

power of discernment and should always use it, guiding their lives according to the dictates of conscience, which is the voice of God

Unfulfilled desires linger in the heart What harm is there in harboring them there? Here's the answer:

Every desire is composed of specific forces: either good or evil, or both When a person dies—may God have mercy on him—these forces do not die despite the body's decomposition and decay Rather, they accompany the soul wherever it goes in the form of concentrated spiritual capsules When the person is reborn in a new incarnation, these capsules or psychic tablets manifest as behavioral tendencies Thus, a person who died an alcoholic brings with them the inclination toward alcohol when reborn, and this inclination persists until they overcome the craving for alcohol This applies to other things as well

Even the smallest children exhibit traits acquired from past lives Some children suffer from severe temper tantrums Others have bad tempers Of course, God did not create them this way Unfulfilled desires from past lives have shaped these psychological tendencies, and because of them, the soul appears somewhat strange, even though it is created in God's pure image If the image of God is distorted within a person in this life, whether by anger, fear, or lust, and these traits are not overcome now, then they will be reborn with them (or they will be reborn with them), bearing the burden of these miserable

tendencies until they overcome them in this or future incarnations There is no escape from them until they are overcome

Therefore, it is better to fulfill all desires now or conquer them

The best way to rid oneself of such desires once and for all is by experiencing supreme divine joy Otherwise, these repressed desires and unfulfilled longings will haunt and torment the soul

A person must realize, through discernment and wisdom, that God alone is capable of granting pure and lasting happiness

Most of the time, desires remain hidden in the unconscious You might think they've faded away, but they haven't; this is one of life's mysteries, which is itself a great mystery

But the mystery dissipates when we analyze life and contemplate its meaning If you were to sit quietly for a short time each day and examine yourself, you would find that you possess many unfulfilled desires These desires are like deadly germs that a person carries with them wherever they go, both in this life and the next

The best way forward is to discern—through wise choice—the harmful desires in this life and focus your efforts on fulfilling your good desires If you feel the urge to commit suicide or do anything wrong, you must banish that urge now Convince yourself, in thought and deed, that you possess a spark of divinity within your soul, and remember that you are created in the image of the Almighty,

and therefore you have the power to transcend your physical nature and habits

Be less attached to luxuries and more detached from desires, and you will win the battle of life If you are suffering from intractable pain, try as much as possible to detach yourself from physical awareness Through discernment, you can overcome the senses Wise discernment is the fire that burns away harmful desires and destructive appetites, reducing them to ashes

It's common practice for people to store old, worn, and unnecessary items in a corner of the house, and to tidy and clean the house from time to time Similarly, in the corner of your subconscious mind lie many desires with latent harm, which may cause you significant trouble one day if you don't deal with them properly

Self-analysis is crucial on the spiritual path You may be hateful, irritable, or quick to anger If so, these traits stored in your consciousness are a result of your past actions To clear your psyche of this cluttered, worn-out furniture, you must begin with positive, constructive actions and cultivate affection for others The more you love people, the more they will love you, and you will feel their love But if you criticize them, even to yourself, they will sense that criticism and return it to you amplified!

Suppose an old enemy has died, yet you still harbor resentment and hatred toward him You will suffer as a result of this bitterness, and its harmful effects will manifest in your body and mind It is better to forgive him for the sake of God, for in

doing so, you will free yourself from the evil desires of revenge that destroy your peace of mind and shatter your tranquility Heaping hatred upon hatred, or responding to animosity with hatred, not only intensifies your enemy's hostility toward you but also poisons your own body and emotions as a consequence So forgive with a beautiful forgiveness

From time to time, a person must leave everything behind to be alone with themselves, in order to reflect on the purpose of life Most people are adrift in a current of traditions and fashions In reality, they have never truly lived their own lives, but rather the lives of the world What have they achieved, and where have they ended up?

Therefore, it is wise for a person to occasionally remove himself from daily preoccupations and "duties" in order to calm the turmoil of his mind and try to understand its essence and determine the goal he wants to achieve

Remember that the greatest testimony you can receive is that of your conscience: the unmistakable and infallible voice of your soul What your conscience tells you is who you truly are, without embellishment or disguise

Think of the power of Jesus Christ who said, “Father, forgive them, for they do not know how to do what they do not know”

And think of the great Prophet who said: “Shall I not tell you what raises one’s rank?” They said: “Yes, O Messenger of God” He said: “Be patient

with the one who is ignorant towards you, give to the one who withholds from you, maintain ties with the one who severs ties with you, and forgive the one who wrongs you”

Listening to the voice of your enlightened conscience will bring light to your path and blessing to your life When you feel a strong urge in your heart to fulfill a desire, use your discernment and ask yourself: "Is it a good or bad desire that I am seeking to fulfill?"

Many factors fuel human desires When someone sees a new model car, they want to own one like it When they see a new style house, they want to own one like it A new fashion trend becomes popular, and people yearn to buy and wear that style!

Where do desires come from? I spent hours pondering this Can you categorize all your desires? I managed to sort through them all and keep only the good ones And when I attained divine communion, I found that all my good desires were fulfilled at once Today you crave something, and tomorrow your soul yearns for something else Your mind, which emanated from Almighty God, cannot be satisfied by the goods of this world, and it never will be, because, my dear friend, you have lost the most precious and valuable treasure of your soul, the one who alone has the power to satisfy your longing and fulfill your desires That lost treasure is God

It is true that there are some good or necessary desires, and that you should work

towards fulfilling them But while striving to fulfill your smaller desires, do not forget to first fulfill your greatest desire towards God The conviction that smaller desires and duties must be fulfilled first is an illusion and a deception I still remember at the beginning of my spiritual journey that I was a procrastinator and did not meditate regularly, even though I kept telling myself that I would make time for it A whole year passed like this before I realized that I had not fulfilled what I had promised myself I immediately made a vow to myself that the first thing I would do in the morning was wash and then meditate on God Daily tasks were numerous at that time, and it was not easy to escape them, even for a short while Therefore, I decided to perform my spiritual duties first And thus, I learned a great lesson: my duty to God comes first, and only then do I attend to other, less important duties

Why should God open the gates of eternity to humanity if humanity prioritizes other duties and considerations over God? God has placed spiritual wings within us and expects us to soar in the realms of the spirit These wings are our spiritual longings, our lofty thoughts, and our sincere yearning for our divine source

Let us seek God first It is unwise to give utmost importance to earthly duties, for Azrael may summon the soul at any moment, and then all duties, commitments, concerns, and obligations will cease and end once and for all So why cling so tightly to life?

A person thinks that he is enjoying security and peace of mind, then suddenly loses a loved one, or loses his health or his job, and security and peace of mind go to waste!

How great was my love for my mother! I thought she would always be with me, but suddenly I found that she had left me when I was a child! We should not fear death, but rather be prepared for it

Life is not what it seems Don't place your trust in it, for it is fickle, deceptive, and full of disappointments and shattered hopes Perfection cannot be found here I don't want to give you an unrealistic picture of life This world is not paradise It is a divine laboratory where God tests souls to see if they will overcome evil desires with goodness and make Him—that is, make God—their greatest desire, so that they may return to His kingdom

Life is teeming with all manner of tragedy and comedy, calamities and joys It is a vast, ever-changing, and vibrant tapestry of countless forms No two things are exactly alike Every person's life is unique Each individual has different features, a different mindset, and different desires If we were subjected to the same trials every day, we would grow weary and bored Even Paradise, if it were always the same, would lose its appeal We love variety and diversity The prevailing traditional concept of Paradise is entirely wrong If it were truly tedious, the saints and holy men of God would have prayed to return to Earth to entertain

themselves! Paradise is constantly renewed in the most delightful way, while Earth is often constantly renewed, but in a tedious and unpleasant manner

However, despite the fact that life is exhausting and arduous, most people grow accustomed to it, believing there is no other way to live Unable to compare this life to spiritual life, they fail to realize the extent of the pain and weariness hidden within the folds of this world

In truth, life isn't real It's merely entertainment, nothing more Just as old films are re-released time and again, so too do the same old events repeat themselves in different forms And despite life's endless continuation, the same themes presented in past films are replayed one after another Truly, history repeats itself, and people are mere artifacts in the museums of time

To let life unleash its surprises, accept them with joy, objectivity, and detachment, unaffected by emotion, as if watching a movie A heartfelt laugh is a wonderful cure for all human ills

You must approach life with ease and comfort This is what I learned from my teacher At the beginning of my spiritual training in his hermitage, I performed my duties with a sullen face, never smiling One day my teacher noticed this and remarked, "God willing, all is well! Are you at a funeral? Don't you know that finding God means shrouding worries and burying all sorrows? Don't take life so seriously"

He taught me that it is man’s duty to elevate his mind above all earthly distractions and troubles so that he may find complete freedom in God

One must maintain balance in joys and sorrows, profit and loss, victory and failure in order to face life's challenges with courage and self-confidence

Maintaining inner peace despite all events is the best way to overcome deceptive desires This is what I learned from the great ones who were not affected by the vicissitudes of time, but remained steadfast and unchanging until the end Even the prophets, when they were tortured, did not lose their sacred consciousness, nor did they allow anyone to steal God's love from them Spiritual joy is itself a blessed protection and the greatest fortress of all Amidst trials and tribulations, remember the blessings God has bestowed upon you Your soul is a sacred temple of God You must not allow the darkness of ignorance to defile that pure place How wonderful it is to be in a state of spiritual awareness, honored, dignified, safe, and at peace! Fear nothing and hate no one Give your love to everyone Feel God's love and see His presence in all people, and let your strongest desire be His constant presence in your heart This is the way to live in peace and tranquility in this world But it is difficult to taste this self-satisfaction as long as the fierce winds of desires are blowing through the oasis of the heart and shaking its trees violently

Desires are shaped by a person's environment They are born from our sensory perceptions and limited by the limitations of those perceptions Attending a rural fair fulfills a desire for some excitement, but after visiting a world-class exhibition and seeing all the different displays, the small fair loses its charm and appeal Thus, we must first experience the joy of communion with God so that we can compare that joy to lesser earthly pleasures Then, desires will be of a higher nature Desire is endless; no sooner is one desire fulfilled than another takes its place But when you find God, all your desires are fulfilled "Seek first the kingdom of God and his righteousness, and all these things will be given to you (And what is with God is better and more lasting)" So why not seek first the fulfillment of that greatest desire and receive from God's generous hand the best and most enduring?

When God answers the seeker's prayer to know Him, all his other desires will be fulfilled immediately and forever

Some people think they have no desires Fine!

I've noticed what often happens when people go to the market They may not have a specific desire to buy, but suddenly something catches their eye and they think, "Oh yes, I have to buy it!"

Even if they don't buy it right away, it lingers in their thoughts day and night until they finally do, even if they have to borrow money They enjoy it for a while, but gradually its allure fades and the

joy of owning it diminishes, so they desire something else, and so on

Sometimes we meet someone who says: "Ah, if only I had such and such amount of money (or a special model car or a swimming pool or or)" and as soon as that wish is fulfilled, another longing arises for something new

Human desires are inherently imperfect, and therefore they are incapable of achieving complete happiness for their owners

The world will try to distract you from remembering that the only truly worthwhile desire is to find God But you must remind yourself of this every day When a person decides to quit smoking, stop overeating, stop lying, or stop cheating, they must be resolute in their decision and not waver A bad environment drains and weakens the will, creating false desires within a person It takes the best from them and gives them the worst Those who live with thieves believe it's the only way to live But associating with good people directs the mind toward higher things, so that false desires can no longer tempt a person Everything in this life is subject to change and fluctuation But a few moments of deep contemplation or studying and reflecting on pure spiritual subjects will be a source of inspiration, carrying the earnest seeker across the ocean of deception and illusion to divine shores where "no weariness will touch them therein, nor will they be expelled therefrom"

(The greatest rest has been prepared for those who toiled, and the one who did not spare any effort in seeking the truth has won it)

True happiness lies in longing for God and constantly thinking of Him With perseverance, a time comes when that thought becomes so steadfast and unwavering that no physical, mental, or emotional affliction can divert your awareness from God Is it not wondrous to live with the awareness of God, thinking of Him and feeling Him at all times, and to remain in the sanctuary of His unassailable presence, where neither death nor anything else can steal your inner peace? (Those who believe and whose hearts find rest in the remembrance of God Verily, in the remembrance of God do hearts find rest)

When you become immune to all desires, you enjoy eternal presence

Life is strange indeed, for everything is subject to change Therefore, one should not anchor the ship of happiness on the shifting sands of this life Our time will pass, and what we see now will one day be gone Change is acceptable as long as you do not allow it to harm you And when it does harm you, the inner turmoil you experience is a message to you not to be possessed by desires When you are secure in the divine spirit, you enjoy everything without attachment or dependence Therefore, striving to know Him is of utmost importance for those who care; otherwise, life will be a devastating disappointment, crushing hopes in a terrible way

When I returned to India in 1935, I hoped to visit the places I loved as a child, but upon arrival, I found that everything had changed The stage of life had been rearranged in a different way The greatest disappointment and shock came when I visited my old house in Aykapur, where I used to play and watch the birds Only one tree remained of all that I remembered Such is life! Familiar and cherished things slip away from our sight one by one I was ready to give anything to see our house as it was in my childhood And yet, God granted my wish, for I later saw the house in a vision, where we swam in the pool, and then I went upstairs, lay on the bed, and ate mangoes, just as I had done many years before

Desires must now be examined and scrutinized very carefully, sorted well, and only the good ones kept, and not even those good desires allowed to stifle the most important desire for God

That desire must remain alive and burning, and must not be allowed to fade or die out Man is under a great illusion when he asks God to fulfill his earthly desires but does not ask Him to reveal Himself to him Imagine a child who constantly demands that his parents grant his requests, and otherwise neither asks about them nor thinks of them That is ingratitude and a denial of their kindness, and in that there is a lesson for those who reflect

When this book of life is applied, one will be accompanied only by the spiritual knowledge acquired during one's earthly sojourn Therefore,

God must remain ever-present in one's mind, constantly invoking Him and never forgetting Him if one is truly concerned about one's spiritual future When we are in communion with God, we will find that all desires are fulfilled in a mysterious way But we must seek God first He is generous and has given us everything, but we will only find Him when we are not content with His gifts but turn to the Giver Himself We will come to know Him as long as we are sincere in our pursuit, earnest in our desire to draw near to Him and experience His blessed presence

The greatest obstacle a person faces is their own self When they try to sit quietly and contemplate spiritual matters, worldly thoughts suddenly arise, distracting them and preventing them from achieving their goal They must train themselves to control their thoughts and bodies, and in doing so, they will carry a portable paradise within their soul In life or death, in heaven or hell, that supreme happiness will accompany them

We must pray to God deeply, pouring out our great longing, asking Him in the language of the heart, the yearning of the soul, and the whispers of the conscience, so that He may hear us and answer us But if a person prays half-heartedly and at the same time thinks of something else—something God knows is not the primary concern of that person—He will not answer

We must first have God The time is now We must not wait, for illusions are too powerful Life passes quickly, and it is a shame to leave this

world without knowing the purpose of life We should reflect whenever we have a moment of free time Even if your prayers are not answered initially, do not despair of God's mercy, but continue to supplicate Pray sincerely and trust that your prayer will be answered

I have witnessed in my life the greatest proof of God's responsiveness to prayer But such a response requires effort, for nothing of significance comes without striving Meditation is essential to unveil the mysteries of life and enter the kingdom of God

Bad habits and other distractions will try to undermine your efforts and weaken your resolve But if you want to be happy, keep your thoughts turned towards God, and you will find Him close to you

Desires for earthly pleasures create a magnetic pull that draws a person to this earth, life after life Returning to the flesh becomes unnecessary for those who have found their desires in God Whenever they wish to fulfill any desire, they think of it, and it manifests before them My mother appeared to me after her death, and I was comforted by seeing her and thanked God for His goodness Truly, He is the Most Generous and the Most Merciful He fulfills our desires to demonstrate His love and gratitude to us when we give Him the first place in our hearts

When a person reaches God, they become the master of life and destiny We must not rest until the divine presence is firmly established in our

lives He will grant us all that we long for and will test us

The trials and obstacles on the spiritual path are many and great, but as we pass through those trials and overcome those obstacles, we must say: “O Lord, You have answered my prayers and fulfilled my greatest wishes, so my heart has become rich with Your presence and my soul is radiant with Your light” Peace be upon you

Altruism expands awareness

When you send out good intentions to others, your awareness expands When you think about your neighbor, a part of your being is released along with that thought But thinking alone is not enough; we must be ready to put thinking into practice

Marriage is a lesson in altruism Two people try to share life with each other Then children come along, and the parents share what they have with them But thinking only of the immediate family and no one else (ie, me and you or just us) is a form of selfishness

The time will come when our loved ones will leave us; that is the way of life This reminds us that the ultimate goal of humanity is to expand the boundaries of our awareness by working for others and sharing life's blessings with them

Altruism brings its possessor many blessings and great happiness, for through altruism one preserves their own happiness My goal is to make others happy, for my happiness is derived from their happiness

We cannot truly savor the taste of accomplishment unless we share our happiness with others I'm not just referring to family members, but to all people

We should think of others and help them to the best of our ability This doesn't mean impoverishing ourselves, but rather showing

genuine and friendly concern for others and a willingness to share

We must first apply the principles of truth to ourselves We cannot teach altruism to others if we are not altruistic ourselves If we begin with ourselves, we will become a good example for others

I have dedicated my life to serving and benefiting others I have traveled extensively and lectured to large audiences But I know that I serve others best through my writings and teachings

Crowds come to listen to lectures, not necessarily out of genuine love People come for inspiration and spiritual comfort But I want souls who seek the truth, who love God That's why I've focused, and continue to focus, on the necessity of meditating on God

All serious and persistent seekers in their spiritual pursuit will be crowned with success if they continue to proceed with desire and diligence

We must love God with all our hearts, minds, souls, and strength, and love our neighbor as ourselves

What is meant by loving God with all one's heart, mind, soul, and strength?

The heart means feeling, the mind means concentration, the soul means deep spiritual harmony in meditation, and strength means directing all our energy towards God

This means loving God with all one's feelings, with all one's focus in meditation, by redirecting

the energy or power of life from matter to spirit, and by shifting attention from the body to God

It is not possible to love God without contemplation, because only through contemplation can we realize our spiritual nature as a soul eternally and forever linked to God who created it in His image

We must build within ourselves a throne for the sublime love of God There is nothing more important in life There is no higher ambition than to love Him, to speak of Him, and to enlighten others to come to know Him I want nothing else from people

It is a pleasure to share my spiritual experience with those who sincerely seek it Nothing brings me more joy than speaking to them about God and helping them experience His presence

It is wonderful to love God and to love His servants When we find Him, we feel His love in everyone There is no power greater than the power of love in the universe

I see the Most High Lord enthroned upon the heavens and oceans and upon the throne of my consciousness I see Him present within me and in the souls of all and I embrace Him in all His infinite forms and manifestations in creation

If it weren't for selfishness, the world would be paradise

If the world would give up its evil selfishness, we would see paradise on this earth

The seeds of war lie at the heart of malevolent selfishness Early humans first used stone clubs, which later evolved into bows and arrows, to protect their own selfishness from the selfishness of others Later, rifles and pistols were invented, then machine guns, and subsequently bombs and poison gas—all to protect the selfishness of one group of people from the selfishness of another

Humanity's destructive potential has grown and developed more than its constructive potential This malignant boil—the boil of malevolent selfishness—will eventually burst But sadly, many lives will perish before humanity awakens and realizes that nationalistic selfishness is no less harmful than personal selfishness A nation is fundamentally composed of small groups, and those groups are composed of individuals; one must begin with oneself

As a result of this abhorrent selfishness, wars break out, the economic balance is disrupted, and recession and then depression take hold

Borders between countries are not fixed, and the world's governments are subject to constant change

Selfishness that seeks happiness without regard for the rights and happiness of others, or that tramples on the rights and interests of others for its own purposes, generates poverty, unhappiness, and misery

Enriching oneself at the expense of others is a grave mistake Communism, which outwardly promises the masses abundance and prosperity,

will not succeed and will one day collapse because it is based on coercion and the suppression of personal freedoms (Note: This lecture was given by Master Paramhansa in 1937, and this conclusion has indeed come to pass!)

Great people advocate altruism based on a sincere spiritual desire to give

If a person focuses solely on their hands and feet and neglects their head, the brain will not function to guide motor skills All bodily functions must be coordinated Similarly, the minds (the decision-makers) in nations and societies must work in coordination with the hands and feet (the workforce), because if interests clash, order will break down, chaos will prevail, and suffering will result

There are two teachers in the world He who takes God as his guide and mentor has nothing to fear He who takes Satan as his leader and guide will suffer greatly

The key word for most people in this life is "me" Those with a spiritual disposition and inclination think of others as much as they think of themselves Those who think only of themselves bring upon themselves the enmity and resentment of those around them But those who consider the feelings and interests of others find that others think of them and consider their feelings

If there are one hundred people in a town, and each one tries to take from the others, then each one will have ninety-nine enemies But if each one

tries to help the others, then each one will have ninety-nine friends

I lived that way and lost nothing by giving to others In fact, everything I gave returned to me multiplied by God's grace Now I yearn for nothing because what I possess deep within me is greater and more precious than anything the world could offer What a person truly seeks is happiness, and once happiness is attained, the need for the circumstances that lead to it disappears

I don't have a bank account because my only guarantee in this world is the good feelings people have towards me I don't believe in any other earthly guarantee True wealth lies in living in the hearts of one's brothers and friends

When we are altruistic, we become happy And if we adopt this approach, others around us will be influenced by our behavior and try to emulate us We must eliminate selfishness, which is the root of all individual and national evils

The saint raised in the air

From the book "The Philosophy of India in the Life of a Yogi"

"Last night I saw Yogia hanging a few feet in the air"

With that interesting phrase, my friend Upendra Mohan Chaudhry began his talk

She smiled enthusiastically and said, "Perhaps you've guessed his name: don't you mean Bhaduri Mahasaya who lives on the upper roundabout road?"

Upendra nodded in agreement, though he was a little disappointed that the news hadn't come to me through him My friends knew how curious I was about saints, and they were always happy to introduce me to a new one

I continued, saying, "The yogi's residence is very close to our house, and I visit him regularly"

My words aroused great interest in Upendra, as the interest was evident on his face, and I added:

"I saw him perform miraculous deeds He mastered the eight breathing techniques [1] of ancient yoga as recorded by the sage Patanjali [2] One day, Bhaduri Mahasaya performed Bhastrika Pranayama in front of me with such astonishing power that I felt as if a powerful storm had actually swept through the room! Afterwards, he calmed this stormy breath and remained motionless in a state of sublime awareness [3] The atmosphere of peace that followed this storm was so clear and unforgettable"

Upendra's voice was tinged with disbelief as he said, "I've heard that the saint never leaves his house, is that true?"

I replied: "Yes, that is the truth! He has remained confined to his house for the past twenty years However, he relaxes the restrictions of this strict law that he imposed on himself during our holy holidays, and walks to the side path where the beggars gather, because Saint Bahaduri is known for his kind heart"

He said: "But how does the saint remain suspended in the air, defying the law of gravity?"

I replied: "The yogi's body loses density by practicing certain pranayama breathing exercises, and then he can fly or jump like a frog Even saints who do not practice traditional yoga float in the air as they enter sublime states of increased longing for God"

Curiosity flashed in Upendra's eyes, and he said, "I would like to know more about this wise man Do you attend his evening meetings?"

I said, "Yes, I often visit him, and I am very impressed by his quick wit and wonderful wisdom Sometimes my laughter spoils the solemnity of the gathering Although the saint is not bothered by this, his disciples look at me angrily!"

On my way home from school that afternoon, I stopped by Bhaduri Mahasaya's house and decided to visit him The yogi lived in seclusion, guarded by a disciple on the ground floor This disciple was very particular about visitors and asked me if I had an appointment with his teacher But the teacher appeared immediately, his eyes gleaming, thus sparing me from being thrown out on the spot He said to the disciple:

"Let Mukanda come whenever he wishes The rule of seclusion is not for my comfort but for the comfort of others Worldly people are not comfortable with our honesty, which shatters their pride Saints are not only rare but also perplexing Even in the Holy Scriptures, we sometimes find them causing embarrassment to others"

I followed Bhaduri Mahasaya to his simple upper-floor dwelling, which he rarely left Masters typically ignore the world's glitz and glamour by withdrawing from public view The world rarely pays them any attention until they are firmly established in the annals of time, for the sage's contemporaries are not limited to those living in the narrow confines of the present

I said, "Great sage, you are the first yogi I have known who stays inside his house all the time"

He replied, "Sometimes God plants his saints in unexpected soil so that we do not think we can subject them to a specific rule"

The saint sat cross-legged in contemplation, his vibrant body resting in the lotus position Though he was over seventy, his body showed no signs of aging or sagging from prolonged sitting Strong and tall, he was perfect in every way His face bore the features of the sage described in the scriptures as noble-headed, with a full beard, always sitting upright, his serene eyes fixed upon the Divine Presence

I sat with the saint in meditation, and after an hour his gentle voice woke me up:

"You often enter a state of stillness, but have you reached a state of actual awareness of God?"

The saint meant to remind me to love God more than to meditate, and added: "Do not confuse the means with the end, and do not make the means your goal"

He offered me some mangoes, and with his quick wit, which I found amusing despite his serious nature, he said:

"People's longing to be united with food is far greater than their longing to be united with God"

This pun elicited a loud laugh from me, and his gaze softened with affection as he said, "What a laugh!" His face was serious yet bore a blissful smile His large, lotus-like eyes concealed a sacred, inner smile

The saint pointed to a number of thick envelopes on a table, saying: "These letters have come to me from faraway America I correspond with a number of societies whose members show an interest in yoga They are rediscovering India with a better understanding than Columbus did! I am happy to help them, for the knowledge of yoga is free, like the light of the sun, to all who seek it"

"What the wise have deemed necessary for the salvation of mankind should not be loosened for the sake of the West The East and the West are similar in spirit despite their different external experiences, and they have no hope of progress and prosperity without practicing one of the spiritual paths of yoga"

The saint held me in his serene gaze, and I didn't realize then that his words were a veiled prophecy Even now, as I write these words, I haven't grasped the full meaning of his seemingly innocuous hints that I would one day bring the teachings of India to the West

I said, "Oh great sage, how wonderful it would be if you wrote a book about yoga for the benefit of mankind!"

He replied, "I am training students who, along with their students, will become living books that withstand decay, the natural changes of time, and the unnatural interpretations of critics"

We remained alone with the yogi until his disciples arrived in the evening, when he delivered one of his unparalleled lectures Like a gentle flood, he swept away the psychological wreckage and debris of his listeners and led them toward God His wonderful parables were delivered in flawless Bengali

That evening, Bhaduri explored various philosophical aspects of the life of a medieval Rajput princess named Mirabai, who renounced the opulent life of the palace in pursuit of sainthood Initially, a prominent ascetic, Sanatna Goswami, refused to accept her as a disciple because she was a woman, but her response brought him to his knees when she said:

"Tell the teacher that I do not recognize any male in the universe except God Are we not all females before Him?"

(There is a sacred idea that God is the sole positive and creative principle in the universe, and that His creation is nothing but a negative illusion)

Mirabai was a poet, and she composed many poems filled with spiritual joy that are still considered among India's literary treasures I am translating one of them here into English (it was

translated into Arabic verse by Mahmoud Abbas Masoud):

If the body is always washed, it will be known
I would have become a lion in the middle of the seas
If he eats the plant, he will surely realize
I would proudly take the shape of a goat
If the number of rosaries were counted, it would appear
I was praising God with large beads
If only the idols would prostrate themselves
I would have bowed down to the mountains and rocks
If only milk could be sipped
For the calves and young ones to taste
If abandoning one's wife brings about
Thousands would immediately be castrated by choice
All of this is insufficient to reveal it
No, and it will never be able to lift the curtain
God will appear on one condition:
A heart's love and longing like fire

Some students placed rupees in Bhaduri's shoe, which lay beside him as he sat in a yoga pose This customary offering in India is an expression of respect and appreciation, signifying

that the student places his material possessions at the feet of his teacher Gracious friends are a manifestation of God's care and protection of those He loves

One of the disciples looked eagerly at the venerable master as he took his leave, saying, "Truly, you are wonderful, Master! You have forsaken wealth and personal comfort in order to seek God and impart wisdom to us" (For it was well known that Bhaduri Mahasya had given up a vast family fortune in his youth when he made a firm decision to pursue the path of yoga)

The saint replied, "But you are doing the opposite!" The teacher's features expressed a gentle rebuke, and he continued, "I have renounced a few rupees and fleeting, insignificant pleasures for the love of a universal kingdom whose bliss is limitless and endless So how can you say that I have deprived myself of anything? It is the short-sighted people of this world who are truly renunciating! They abandon a holy kingdom that has no equal, coveting meager earthly pleasures that neither nourish nor satisfy hunger!"

I laughed at this contrasting view of asceticism and ascetics: while one makes the poor saint richer and more distinguished than Croesus, the other turns the world's biggest millionaires into destitute poor who do not know what they suffer from the humiliation of poverty

The teacher concluded his talk by urging unwavering faith, saying: “The divine system manages our affairs and organizes our future with

a wisdom that surpasses what insurance companies provide The world is full of anxious people who place their trust in external means of protection Their painful thoughts are like scars on their foreheads The One and Only, who gave us air and milk from the moment we were born, knows how to provide His worshippers day by day with everything they need in their lives”

I continued my visits to the saint after the end of the study sessions, and with a silent enthusiasm that helped me to realize the divine presence One day the saint moved to Ram Mohan Roy Road, away from our house in Gurbar Road, as his loving followers built him a new hermitage known as Tajendramath [4]

Although what I am about to recount is premature in this memoir, I will mention here the concluding words that Bhaduri Mahasya spoke to me Shortly before my departure to the West, I went to bid him farewell and bowed humbly before him, seeking his parting blessing He said:

"My son, go forth with God's blessing, and take the glory of ancient India as your shield of protection Victory is written on your forehead, and the distant nobles will welcome you well"

Source: Yogi's Autobiography (Indian Philosophy in the Life of a Yogi)

Footnotes

(1) This breathing technique is known as pranayama, which is the control of the life force or activity (prana) by regulating the breathing process Pranayama bhastrika ("bell":) works to calm the mind

(2) Patanjali is the greatest of the ancient commentators on yoga

(3) In a lecture in 1928, Professor Jules Bois of the Sorbonne stated that French scientists had conducted experiments on higher consciousness and acknowledged its existence He described it as "the counterpart to the unconscious mind in Freud's concept This higher consciousness encompasses the talents and qualities that make a person truly human, not merely an evolved animal" The French scholar clarified that the awakening of higher consciousness "must be distinguished from suggestion or hypnosis The existence of the higher consciousness is philosophically recognized, and it is in essence the higher self described by Emerson, which science has only recently acknowledged" Emerson said in his essay (The Higher Soul): “Man is the face of a temple in which lies all wisdom and goodness, and usually what we call man: the man of eating, drinking, planting and calculating gives a false image of his essential reality But the soul of which he is the instrument and expression if it were allowed to appear through his thoughts and actions, we would be compelled to bow down for we would then stand before the spiritual nature, and before all the divine attributes”

(4) His full name was Tajnaramath Bhaduri, and "math" in Hindi means place of worship, often referring to a hermitage or monastery Among the saints who "floated in space" was Saint Joseph of Cupertino, a 17th-century saint whose extraordinary experiences were documented by witnesses Saint Joseph displayed a state of awe and wonder at the world, which was in reality a remembrance of God and a profound connection with Him His brothers in the monastery wouldn't allow him to serve at the communal table lest he fly away with the china Indeed, the saint was incapable of performing worldly duties due to his inability to remain grounded for long enough! Sometimes, the mere sight of a blessed statue was

enough to propel him into vertical flight, whereupon he would witness the two saints—the man and the stone—soaring through the heavens

Saint Teresa of Ávila, a saint of spiritual eminence, also found physical elevation unsettling Burdened with numerous administrative duties, she tried unsuccessfully to halt the flight tests, writing in this regard: "Measures are useless if God wills otherwise" Saint Teresa's body, buried in a church in Alba, Spain, remained incorrupt for four centuries, its fragrance like that of roses, and countless miracles were attributed to it

(These miracles also remind us of what is mentioned in the Holy Qur’an and the noble Prophetic traditions, such as the story of the People of the Cave and the request to Mary, peace be upon her, to shake the dry trunk of the palm tree so that ripe dates would fall from it out of season, and also how God provided for Mary, according to what is mentioned in Surat Al Imran (Every time Zechariah entered upon her in the sanctuary, he found with her provision He said, “O Mary, from where is this for you?” She said, “It is from God”) as well as the story of Jurayj the worshipper and the boy who spoke in the cradle, and the three who entered the cave and the rock moved away from themand other miracles)

Willpower and the influence of the environment

Troubles and difficulties arise from a person's lack of awareness of their past actions, committed at a particular time and place Their current suffering stems from thoughts and deeds they have uttered, which have taken root in the soil of

consciousness, sprouting and bearing fruit of the same kind as those thoughts and actions

For God alone I live and work There are no earthly temptations or illusions to entice me I have looked with the eye of wisdom and insight and pierced the veils of deception and illusion You too must realize that your visit to this land is temporary You are here for one purpose: to learn the necessary lessons and to help all who cross your path in life

Every morning I ask God to tell me what He wants me to do, and then I see Him working through my hands and my mind and everything goes according to His will

Trials and tribulations do not come to break a person or paralyze their will, but rather to make them appreciate God's greatness and respect His laws, through which they can attain true happiness God does not send these harsh trials because they are primarily of human making All that is required of humanity is to awaken its consciousness from its slumber of heedlessness and to emerge from the darkness of ignorance into the light of knowledge

Train yourself to feel peace, because the more you do that, the more you will feel that power in your life

There is a higher power that will illuminate your path and grant you health, happiness, peace, and success if you turn towards that divine light

Most of the time, our senses promise us fleeting pleasures but ultimately bring us prolonged pain and suffering True virtue and

happiness, however, promise little, but ultimately grant us pure and lasting joy This is why I consider inner, lasting happiness to be true joy, and temporary sensual pleasures to be mere enjoyments

If a person has a bad habit that bothers them and keeps them up at night, they can get rid of it by avoiding anything that might trigger or stimulate it, without focusing on it in an attempt to suppress it This is an indirect way of combating it But there is also a direct, positive way: by directing one's thoughts toward a good habit and working to cultivate it until it becomes a part of their life that they can rely on and depend upon

People of good character are usually the happiest They don't blame anyone for the troubles and problems they encounter; instead, they attribute them to themselves and consider themselves personally responsible They are fully aware that no one has the power to make them happy or upset them unless they allow the actions, words, and thoughts of others to influence them, either positively or negatively

People who are rigid are unhappy They are completely devoid of feeling, just like stones A person should live with all their thoughts, feelings, and insight, and be alert and attentive to everything that is going on around them, just like a skilled photographer who waits for the best opportunities to capture the most wonderful pictures of the most beautiful scenery

True human happiness lies in a person's constant readiness to learn and to act in a proper and respectful manner The more one improves oneself, the more one contributes to the advancement and happiness of those around them

Few are those who analyze their situation and decide whether they are moving forward or backward As human beings endowed with perception, wisdom, and understanding, our greatest duty is to use our wisdom and perceptions correctly so that we know whether we are moving forward or backward And if failure strikes us repeatedly, we must not despair or lose hope

Failure should act as a catalyst, not a deterrent, to our physical and spiritual growth

Failure is the best and most suitable season for planting the seeds of success

One should not dwell on loss and failure, but rather try again and again, no matter how numerous and bitter the previous attempts may have been Every new effort after a failure should be well-planned and intellectually stimulating Furthermore, a balance should be struck between material aspirations and spiritual longings, without allowing one to overshadow the other

No truly spiritual person can do without material success And no one's material concerns are so overwhelming that they prevent them from thinking about God and dedicating the necessary time to contemplation, service, and spiritual duties

The chronic failure has not yet learned life's lessons and the selfish spiritualist punishes himself

by losing mental balance due to his disregard for material life

If a person dedicates all their work and activities to serving others and accomplishes them with a satisfied mindset, then they truly deserve consideration and gratitude

We must not be one-sided; rather, we should balance our activities and prioritize our tasks and duties according to their importance Duty is that which a person performs with joy, not for material gain Spiritual and moral duty should come first in life

Every human being has untapped potential They possess all the necessary strengths The mind itself is a supreme power, and it must be freed from outdated and restrictive habits and concepts

Evil thoughts can lead a person to a harmful environment where they can express themselves as they wish However, a person can change their thoughts and consciousness through willpower, and consequently, their environment If a person remains in a harmful environment for an extended period, that environment begins to influence them subconsciously Over time, they eventually lose their freedom to choose a healthy and wholesome environment and become subject to the negative influences of that harmful environment

The influence of planets and stars on human life stems from the interplay of attraction and repulsion between the planets and human bodies Those with strong will are aligned with God and do not wait for the planets and stars to bestow their

favors upon them Rather, they continue their journey like a piercing meteor, unaffected except by the guiding star of God, who is the Sun of Suns and the Lord of the Law and of souls

Letters to the teacher Paramahansa from his disciples

In Volume XIV of Inner Culture magazine

Letters sent by their authors from different countries, from which we extract the following:

I would like to inform you that through my thoughtful reading of your teachings

I received spiritual enlightenment

The one I've always searched for

Your teachings have opened the doors of happiness for me

* * *

I practice your spiritual affirmations daily

I find that negative thoughts gradually diminish

The fears have dissipated

I enjoy every moment of my life

Thank you for your help

* * *

I receive many blessings

From your spiritual teachings

I eagerly await reading your thoughts

I do my best to apply it to my life

Your teachings are beautiful and beneficial

* * *

I find in your wonderful philosophy

What inspires admiration and inspiration

My deepest gratitude for everything you have given me

From assistance and psychological comfort

* * *

I have an overwhelming feeling of getting it weekly

On a new lesson from your teachings

I find enjoyment and enlightenment in every lesson

* * *

Thank you from the bottom of my heart

To help me understand my inner self

And to make me aware of the latent powers within me

And to show the light of God to my insight

Through the teachings I received from you

* * *

I still remember my visit to you

She has been living in my thoughts for four years

I still remember your complete faith in God

And your love for humanity

It helped me get to know myself

When I thought I was alone

I have no friends and no one who sympathizes with me

It gave me self-confidence and boosted my morale

It inspired me to be courageous in facing life's circumstances

* * *

For forty years

I studied various branches of science and knowledge

But I didn't get anything from all that studying

On something comparable to what I have learned from your teachings

* * *

I benefit greatly from reading your teachings

If a larger number of people

They study and implement your ideas

The world we live in would be

Better than it is

* * *

I would like to thank you from the bottom of my heart

For the blessings that have come into my life

Since I began reading your teachings with focus and attention

Thank you, and may God bless your wonderful efforts

And your work dedicated to serving humanity

* * *

Since I asked you to pray for my success

My situation has improved significantly

My deepest gratitude and my hope that you will continue to pray

* * *

When I received your last message

I was still wandering in the dark forest of doubt

And he was unable to see the path out of that forest

But thanks to God, and your special prayers

The path became clearer and my faith in God was strengthened

My situation improved in every way

And please always remember me in your answered prayers

* * *

Your teachings have helped me a lot

And I gained immense benefits from it

And it was proven to me with conclusive evidence

The effectiveness of your spiritual affirmations and positive thinking

I am overwhelmed with gratitude

Because of the health, joy, and peace I feel

I feel that I am making daily progress in meditation

* * *

Were it not for your wonderful, inspiring teachings

My life on this earthly level would have been extremely limited

I would like to thank you for your special attention

Which she has given me over the past three years

* * *

Thank you for the Spiritual Culture magazine

In which I find blessing and nourishment for the soul every day

I thank God who introduced me to you and your teachings

* * *

I would like to thank you for your monthly letters

I found the last message to be full of inspiration

So that I read it to my students in literature class

They responded positively to its content

It was a happy occasion for all of us

I was very moved by the ideas you included in the letter

So much so that I wanted to share it with my students

This message induced a state of deep reflection

And introspection into the secrets of the soul

I feel it will help me solve problems

And to deal wisely and positively with life's experiences

* * *

Your teachings are priceless

I don't want to miss a single one of your lessons